

EMBODIED PATH OF PRACTICE

EMBODYING
BUDDHA



STUPA
PRACTICE

A Half-Day Body-Based Workshop led by Viveka

Saturday, March 7, 9:30am–2:30pm

All levels of experience welcome (including those who have attended the previous Embodied Path workshops). Sliding scale \$60–\$25, includes lunch. Preregistration requested by Wed., March 4.

Buddhist stupa monuments emerged shortly after the Buddha's death to remind disciples of the Buddha and enlightened consciousness. Stupa architecture evolved to include different geometric shapes symbolizing the elements and energies of earth, water, fire, air, and space. In Tantric and Tibetan Buddhism correlations were found to the architecture of the body in meditation and subtle energy channels and chakras. In this workshop, we will practice body-based stupa meditation to contact and open energy and mind.

Viveka is chairwoman of the SFBC and longtime meditator with a practice based in body awareness and inquiry. In recent years, she has gone deeper into traditional Tibetan somatic yogic practices on long retreats.

Program

- 9:30 Arrive, introduction to day
- 9:45 Morning practice with a tea break
- 12:30 Silent, aware meal reflecting on the elements
- 1:00 Intentional rest period
- 1:15 Afternoon practice
- 2:30 End