



# CALM AND INSIGHT

BUILDING THE FOUNDATIONS



## A WEEK OF SAMATHA MEDITATION PRACTICE

with a focus on development of  
the Four Foundations of Mindfulness  
and the Five Factors of Jhāna

Sierra Nevada foothills, California  
October 24<sup>th</sup> to November 1<sup>st</sup>, 2022

Open to practitioners who have learned the four stages  
of counting, following, touching, and settling  
with the approval of their teachers

For further information, please contact the course organizer:  
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