



The **NOFOLI Insight Meditation Sangha** provides beginning and experienced practitioners of insight meditation (Vipassana) with an opportunity to support their practice through meditating and exploring together the wisdom, ethics and mindfulness of the Buddha's Noble Eightfold Path. The Sangha offers an online sitting group weekly on Tuesday nights from 7pm - 8:30pm, All meditators are welcome and invited to participate.

The Tuesday sit begins with a silent meditation for 35 minutes and is followed by a dharma talk given by the Sangha's guiding teacher, Charmaine Henderson. Thereafter, a teacher-led discussion period is open for questions about the Buddha's teachings or issues arising during formal practice and in daily life. Guidance is offered at the outset of the sit for those beginning a meditation practice. The sittings close with metta and a dedication of merit.

Charmaine Henderson has been practicing insight and metta (lovingfriendliness) meditation for over 30 years and teaching for the last 21 years. She emphasizes the integration of contemplative practice into daily life. She is available for individual meetings with dedicated Sangha members to discuss and guide their practice. For further information please contact the Sangha's coordinator by telephone or text to 917.734.2506 or by email to nofoli.ims@gmail.com