



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

In these opening remarks this month, we would like to devote this space to address the newsletter itself and some changes we feel need to be made at this time. Based on the survey results from the sangha in July 2012, the vast majority of the respondents expressed their approval of this form of communication -- 33.9% extremely satisfied, 48.2% very satisfied, and 10% satisfied. No one expressed dissatisfaction, only 3.5% said they didn't read it, and 3.5% had no response. However, in light of various comments we have heard as of late, it appears that the percentage of folks *not* reading the newsletter may have increased, and we want to address some of these concerns.

As our sangha continues to grow, so has the amount of content in our monthly e-newsletter. On occasion it seems a bit unwieldy, not only taking more time to sift through and read, but also more hours to produce. On the other hand, we continue to receive more requests for events, activities, and retreats to be announced, with the feedback that the newsletter has been a significant factor in promoting attendance at some of these functions. This leaves us in a quandary as to how to balance managing the content without sacrificing the purpose of such a communication forum, that being to publicize activities of which there may be interest related to the practice of insight meditation. At times like these it may be helpful to apply an interpretation of "The Middle Way" as it may pertain to our dilemma -- neither doing away with the newsletter altogether, nor maintaining the status quo. It is in this spirit that we offer the following guidelines for submission of content for our monthly e-newsletter:

1. All postings should in some way relate to the mission of the Triangle Insight Meditation Community: "...to help support and deepen the practice of insight or vipassana meditation and related practices, and to explore a variety of topics relevant to the teachings of the Buddha." Any question as to relevance will be addressed by the guiding teachers as to the inclusion of the submission.
2. Entries appearing in the body of the newsletter will be streamlined to include enough information to peak interest, followed by a "...read more" link that readers may go to for more information and further instructions.
3. Deadline for inclusion in the monthly newsletter will be 15 days prior to the 1st day of the month of the issue requested, with the event needing to be within 4 months or less from the month of publication. Once an entry is made, it will remain in the succeeding newsletters until the event date expires, or unless we are instructed to delete it sooner. If the event is a regularly recurring activity, it will remain in the newsletter for 6 months, at which time a request for continuation will need to be submitted or the posting will be deleted. We request to be notified of any event cancellations as soon as possible.
4. Submissions should be made to info@triangleinsight.org and in the following

format: a) Title; b) Instructor(s)/Teacher(s)/Presenter(s); c) brief description of the event in 50 words or less; d) dates/times/location/cost (if any); and e) an attached .pdf that can be uploaded to the newsletter library, and/or a contact person with an email address/phone number, and/or or a link to a website where a more detailed description with particulars can be found (flyers not in .pdf format cannot be uploaded to the library and thus are not acceptable).

5. In case of a large number of requests, not all submissions may be accepted, and priority will be given first to submissions from within the leadership of Triangle Insight, then to others who regularly participate in the activities of the sangha, then to those sponsors with whom we are familiar and/or whose activities involve a teacher or instructor with whom we are familiar. Any events sponsored within and by Triangle Insight will have priority over outside events.

6. Please submit any questions to info@triangleinsight.org.

We hope these guidelines are in keeping with our intention to find the balance between the need to inform and the need not to add any extra burden on our readership. We trust that a streamlined newsletter with links to additional information as needed will satisfy both of these needs, while also lightening the workload of production. We plan to implement these guidelines beginning with the March 2014 issue, and going forward, there will be a link to them, both in the newsletter and on the website. Should any of you have additional comments, suggestions, or concerns, please feel free to contact us at info@triangleinsight.org.

We are in gratitude to all for the support we have received from our sangha and the larger community, and look forward to our continuing journey together.

Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen

[Wednesday Meditation Group](#)



Sitting Opportunities

[Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Classes and Events

[Reflections on Metta: An Evening with Mary Brantley](#)

[Real Happiness at Work with Sharon Salzberg](#)

[Duke MBSR Classes Forming Now](#)

[Mindfulness Programs at UNC](#)

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted to cover costs of using the facility and to support the study of the teachers. Please review our [sangha guidelines](#) before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes.

Schedule:

February 5: Ron Vereen
 February 12: Dave Hughey
 February 19: Jeanne van Gemert
 February 26: Phyllis Hicks (Insight Dialogue)

March 5: Mary Mathews-Brantley (Guest Teacher)
 March 12: Cynthia Hughey
 March 19: Jeanne van Gemert
 March 26: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

6:30 - 8:00 PM

(Insight Dialogue from 6:30 - 8:30 PM)

**Episcopal Center (EC) at Duke
 505 Alexander Avenue
 Durham, NC 27705**

Reflections on Metta: An Evening with Mary Brantley at Triangle Insight

Ajahn Sumedho wrote, "As we begin to understand the mind and abide in the purity of the present, we can feel a kind of good will or metta toward all creatures." We now have studies which show how loving-kindness has positive effects on health and wellbeing, including increased positive emotions and connectedness, decreased pain and anger, and with regular practice, physiological changes in one's response to inflammation and distress. Does repeating metta phrases give us a positive radiance of mind? Can it really cool down our fears and help us see the goodness in ourselves and others?

This talk will explore these questions and help remind us that the opening of the heart allows us to be in the flow and the changes of life. Metta also leads us to gratitude, which is a beautiful quality to have in our mind. At the same time metta is not a kind of ideal; we are not demanding results and we are not practicing metta just to be happy. What we are doing is working with our life as it is, forgiving and giving forth good will. This is a devotional practice from the

[Integrative Medicine](#)[Mindfulness Skills for Changing Your Relationship with Food](#)[Experiencing Mindfulness](#)[Saturday Drop-In Classes](#)

Upcoming Retreats

[Non-Residential Yoga Retreat with Frank Jude Boccio](#)[Evolving Toward Freedom](#)

Goings On in the Sangha

[One Earth Sangha](#)[Dharma Contemplation Group](#)[Koru Mindfulness Meditation and Class](#)[Cambridge Insight Seeking Executive Director](#)

The Shramadana Project

[A Volunteer Initiative of Triangle Insight](#)

heart rather than from the intellect. Come and explore this simple meditation which has so much depth. At the end of the talk Mary will lead a guided loving-kindness meditation.

Following Mary's talk there will be a social gathering of the sangha, so if you plan to attend, please bring a savory or sweet to share, and Triangle Insight will provide beverages.

Mary Brantley, MA, LMFT, is a meditation teacher and former psychotherapist in private practice. She has a master's degree in psychology from Pepperdine University of California, and has been an instructor in the Mindfulness-Based Stress Reduction (MBSR) program at Duke Integrative Medicine since 2000. In addition, she has developed and taught courses based on loving-kindness meditation as well a distance learning telephonic format for MBSR classes. At UNC-Chapel Hill, she teaches loving-kindness meditation in various research projects. She has been practicing meditation for thirty years and attends yearly intensive retreats, many at the Insight Meditation Society in Barre, MA. She has been practicing with a variety of teachers, including Sharon Salzberg, Joseph Goldstein, Joan Halifax, Thich Nhat Hanh, Rodney Smith and Leigh Brasington. She has also completed the professional training for Mindfulness-Based Stress Reduction offered by Jon Kabat-Zinn and Saki Santorelli. She is co-author of **The Gift of Loving-Kindness: 100 Meditations on Compassion, Forgiveness and Generosity**, published by New Harbinger Publications.

Wednesday, March 5, 2014

**Triangle Insight Meditation Community
505 Alexander Ave., Durham, NC 27705
6:30 - 8:00 PM (8:00 - 8:30 Social Gathering)**

[Back to Top](#)

Not Too Tight; Not Too Loose: The Balance of Effort and Letting Go

with Frank Jude Boccio

As students of yoga, we are often told to "surrender," "let be," and "let go." We are also instructed to "practice, practice, practice!"

Disciplined effort (tapas), along with self-study (svadhaya), and devotion (ishvara pranidhana), are three components of the yoga taught by the great sage, Patanjali. The intention

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



behind this practice of yoga, often referred to as "yogic will," integrates the two apparently contradictory impulses of effort (abhyasa) and surrender (vairagya). The Buddha used the metaphor of tuning a stringed instrument so that it sounded harmonious and encouraged his students: "Not too tight, not too loose." How to integrate the polarities of effort and surrender and find balance in practice and in life will be the focus of this weekend workshop.

In this Mindfulness Yoga non-residential "retreat", we will practice slow body movement; vinyasa, Yin, and restorative yoga; and a variety of meditation techniques. These practices, along with discussion, will cultivate attunement to a life of joy, harmony, inner peace, and freedom.

For more information or to register go [here](#), or call 919-732-3051.

March 28, 29, & 30, 2014

Camp New Hope, Fleming Lodge

Chapel Hill NC (go [here](#) for directions)

Cost: \$180

Friday 7-9pm

Sat 9-12 and 2-5p

Sun 10-4 (this will be a Day of Mindfulness, and bring a simple lunch)

[Back to Top](#)

Real Happiness at Work: Meditations for Accomplishment, Achievement and Peace With Sharon Salzberg

Jon Seskevich will again be bringing the beloved meditation teacher, Sharon Salzberg, to the Triangle in April for an evening seminar and day-long workshop:

Friday evening April 25: 7:30 PM - 9:30 PM

In this evening seminar we will explore a path to finding real happiness at work. Despite the many hours we tend to spend working, that arena of our lives may not be the source of great fulfillment or meaning. We will look at the qualities that can turn that around, including mindfulness, compassion, resilience, integrity, and open awareness, and learn practices that help cultivate each of these. Suitable for both new and experienced meditators, the program will consist of guided meditations, talks and time for questions

and answers.

Saturday, April 26: 9:30 AM - 4:30 PM

In this workshop we will delve more deeply into the topic of finding real happiness at work. We will cover the art of restoring balance, sharpening concentration and developing resilience. Bringing the element of compassion, which leads us to authentic communication and true connection with those around us, into the work environment. This workshop can revolutionize workplace dynamics. Attendees will come away equipped with a variety of survival skills and tools, better prepared to walk through their careers with integrity, compassion and confidence. Suitable for both new and experienced meditators, the workshop will consist of guided meditations, talks and time for questions and answers.

An optional healthy and sumptuous vegetarian lunch will be catered and served during the lunch break.

CEU's applied for. If you would like to receive Continuing Education Units (CEU's) contact hours for health care professionals, at the completion of either or both of Sharon's Salzberg's programs, you can pre-order them for the price of \$2.50. Thank you!

Tickets online available with our partner:

[Bright Star Live Events.](#)

Ticket options:

Friday only (advance) \$15

Saturday only (advance) \$75

Friday & Saturday (advance) \$80

Saturday only with meal (advance) \$89

Friday & Saturday with meal (advance) \$94

CEU's \$2.50

For more info on: mail, checks, telephone credit card orders please contact:

Email: Jon Seskevich @ **ram1008@hotmail.com**

Eno River Unitarian Universalist Fellowship
4907 Garrett Road, Durham, NC 27707

[Back to Top](#)

**Evolving Toward Freedom:
 Exploring the Four Establishments
 of Mindfulness**

A Memorial Day Weekend Residential Retreat with Jeanne van Gemert and Ron Vereen

Our human species evolves along a trajectory conditioned by the drive for survival. In tandem, so has our own individual neuro-psycho-physiological development. Hardwired for this evolution, we fulfill the biological impetus, and hopefully emerge with a healthy sense of individuation and autonomy so as to better navigate life in a way conducive to our survival and well-being. However, moving through life with this "self" fully in charge, we notice a considerable amount of suffering. Constructing creative but futile methods of escape, we set in motion a vicious cycle making matters even worse. Some fortuitous wisdom brings forth curiosity about the plight, revealing how this sense-of-self creates the very suffering from which it attempts to flee. Further exploration brings forth a search for a spiritual system designed to bring about further realization, and we may discover the teachings of the Buddha.

This retreat is for the curious who are motivated to explore an evolution of liberation -- one moving away from suffering, evolving toward the freedom promised by the Buddha. We will investigate the Buddha's method as taught in his discourse on *Satipatthana*, or the Four Establishments of Mindfulness (body, feelings, mind, and categories of experience). All levels of experience with meditation are welcome, and those who are beginners can learn the basics of mindfulness practice, including sitting, walking, and mindful movement. Experienced meditators can use this time as a way to deepen or reconnect with their practice within the support of a retreat setting.

For more information and to access the registration form [please click here](#). Some scholarship funds are available.

The Stone House

Mebane, N.C.

Thursday, May 22 - Sunday, May 25

Dorm: \$315 (early registration, \$285 before 4/1)

Camp: \$270 (early registration, \$240 before 4/1)

The Practice of Insight Dialogue at Triangle Insight

Insight Dialogue is an interpersonal meditation practice and is offered at Triangle Insight once monthly, usually on the fourth Wednesday of the month. It brings the mindfulness

and tranquility of silent meditation directly into our experience with other people. The new website for Insight Dialogue is an excellent resource for learning more about the practice: www.metta.org.

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice. One can investigate the guidance of the contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

Fourth Wednesdays

(unless otherwise indicated)

**Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM**

[Back to Top](#)

The Shramadana Project at Triangle Insight

The Shramadana Project is a volunteer initiative of the Triangle Insight Meditation Community that has recently formed to address some of the needs within the sangha, and to provide outreach to the community-at-large as well. Two co-coordinators of the overall project emerged out of the first core group meeting on August 21st - Sharon Jamison and Tamara Share.

Once the structure and leadership roles are in place for the Shramadana Project as a whole, the plan is to eventually publicize this information, both in the newsletter and on the website, such that you will be able to contact someone directly to address your particular interests. In the meantime, Sharon and Tamara are available to provide information to sangha members about ongoing volunteer initiatives, either within Triangle Insight or in the community-at-large, and you may contact them at info@triangleinsight.org.

Please consider being involved in some fashion, large or

small. All of us participating in this initiative will not only be helping ourselves and others, but contributing to the vital work of building community and implementing a useful vehicle for moving toward selflessness.

[Back to Top](#)

Goings-on in the Sangha

This section in the newsletter is where sangha members may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to **info@triangleinsight.org**.

< >

One Earth Sangha

As you may recall, the month of October was declared "Earth Care Week" at the June 2013 gathering of the International Vipassana Teachers, and will be so designated each year going forward. All sanghas in the vipassana community are encouraged to engage in a variety of activities to raise the level of consciousness about climate change, not just in October, but all throughout the year.

In the spirit of this intention, James Baraz recently sent an invitation out to encourage all Dharma teachers and sangha members to sign on to the International Dharma Teacher's Statement on Climate Change, and we would like to support this initiative as well. If you feel so inspired, you can find the statement and information on how to sign up on **[this page](#)** at One Earth Sangha.

For those of us in our sangha who wish, let's put our hearts and minds together to see what else we might want to do to help care for the Earth, and any particular activities we might want to sponsor. If anyone would like to spearhead this initiative within the sangha, this would be a wonderful activity to add under the Shramadana Project, so contact Sharon and Tamara at **info@triangleinsight.org** if interested.

The Earth thanks you!!

< >

Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID, it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short excerpt of the Buddha's words and allow them to transform us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at beverly143@frontier.com, or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 2/23/14.

< >

Koru Mindfulness Meditation Class

Koru is a brief, structured approach to teaching these skills that has been developed by Holly Rogers, M.D. and Margaret Maytan, M.D. of Duke's student counseling center. It is so popular there, they've added sessions and often have a waiting list. The class is now being taught in other college counseling centers and private practices. It's ideally suited for students but there's good reason to think that other emerging adults, ages 18-29, will benefit from it.

In this class, students will learn to meditate and develop a mindful approach to life using practical skills to calm and focus the mind, manage worries and anxiety, and improve sleep and energy.

Mondays 12:15 to 1:30 PM
Feb 24, Mar 3, Mar 17, Mar 24
301 W. Weaver St., Carrboro
\$60 for all 4 classes, paid in advance
Limited enrollment.
Pre-registration by Feb. 18 required.

For more information or to register, contact:
Bree Kalb, LCSW
919-932-6262 ext 216
bree@mindspring.com
www.thewellnessalliance.com/BreeKalb.html

< >

Cambridge Insight Meditation Center Seeking Executive Director

Organization

[Cambridge Insight Meditation Center](#)

(CIMC) was established in 1985 to provide an environment where the contemplative life can be developed and protected amid the complexities of city living. Located in Cambridge, MA, CIMC offers a refuge where people of all religious, non-religious, and philosophical persuasions can come together to learn, support and deepen their practice.

Position

The executive director will lead an insight meditation center that provides a diverse array of programming and support to a large community of practitioners. Ideally, s/he will be a Vipassana practitioner committed to CIMC's mission and will bring those principles and perspectives to leading the organization in moving forward. The executive director will report to the board of directors and be responsible for the strategic, programmatic, fundraising, financial and administrative leadership and management of the center.

For detailed description and to apply click [here](#).

[Back to Top](#)

Mindfulness-Based Stress Reduction Classes Duke Integrative Medicine

For those of you who would like to have a progressive and systematic instruction in a variety of mindfulness practices from the healthcare perspective, you may want to consider taking one of the classes of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. This is an eight-week class that uses a variety of forms of practice to examine the stress in one's life and to help bring about a more skillful way of relating to it. The next cycle will begin with an orientation session the week of March 24, with classes beginning the week of March 31 and running through the week of May 19, with a Day of Mindfulness on May 3.

A variety of class times are offered in both Durham and Raleigh/Cary, and financial assistance in defraying some of

the cost is available for those who may have that need. In addition, a distance learning class is offered for those who are unable to attend on site. For more information or to register, call **919-660-6826** or go to **MBSR**. Classes often fill, so you may want to register early.

Week of March 31 - Week of May 19, 2014
Various class times and locations available

[Back to Top](#)

Mindfulness Programs at UNC Integrative Medicine

Spring Offerings

The UNC Program on Integrative Medicine is recruiting adolescents age 14-17 to participate in a research study. They are testing a mindful self-compassion intervention, based on the adult Mindful Self-compassion program (www.centerformsc.org) that will require teens to be part of a class that will meet once a week for 6 weeks. Adolescents will receive up to \$75 in Amazon gift cards for completing 3 online surveys. Please respond to: mindfulcompassion@med.unc.edu for more information.

ALSO, this spring, UNC is offering the following **Mindfulness Foundation Courses** (see <http://www.pim.med.unc.edu> or email mindfulness@med.unc.edu for more info):

TUESDAYS: 6:00pm-8:30pm, February 11 - April 8
 Instructor: Karen Buth

Location: Room 500, Tate-Turner-Kuralt Bldg (UNC School of Social Work), 325 Pittsboro St., Chapel Hill, NC 27599-3550

THURSDAYS: 6:00pm-8:30pm, February 20 - April 17
 Instructor: Paula Huffman

Location: Hillsborough Yoga Downtown, 121 W. Margaret Lane, Hillsborough, NC, 27278

And, the following SPECIALTY classes will be offered as well:
Mindfulness for Teens

THURSDAYS: 6:30pm-8:00pm, February 13 - March 20 [free pizza 6:00pm-6:30pm]

· Instructor: Kate Murphy

· Location: Room #102, Tate-Turner-Kuralt Bldg (UNC School of Social Work), 325 Pittsboro St., Chapel Hill, NC

27599-3550

MinMindfulness Skills for Changing Your Relationship with Food (see description below in this newsletter)

[Back to Top](#)

Mindfulness Skills for Changing Your Relationship with Food

with Sasha Loring

This six-week class, sponsored by UNC Integrative Medicine, offers a range of methods for changing unhelpful thoughts, beliefs and behaviors regarding food. From the ground of mindfulness, attentional training, and self-kindness, this workshop focuses on gaining insight into unhealthy habitual patterns and on building the psychological resources needed for change.

For more information check out the flyer [here](#).

Tuesdays, Feb. 11 - Mar. 18, 2014

9:00 AM - 11:00 AM

Meadowmont, Chapel Hill, NC

Cost: \$285

Preregistration required: 919-966-8586

[Back to Top](#)

Experiencing Mindfulness

Weekly Class at Duke Integrative Medicine

This popular weekly class on "Experiencing Mindfulness" is offered at [**Duke Integrative Medicine**](#), and is led by one of the MBSR instructors. This rotation by a number of teachers provides a rich opportunity to explore the themes that emerge from a variety of perspectives.

There is a \$15 charge for the class, payable at the front registration desk. The class is open to the public, with all levels of meditation experience welcome. There is no need to pre-register, and seats are filled on a first-come, first-serve basis.

Wednesdays

Duke Integrative Medicine

Duke Center for Living Campus

3475 Erwin Rd., Durham, NC 27705

12:00 PM - 1:00 PM

[Back to Top](#)

Saturday Drop-In Classes at Duke Integrative Medicine

The **Duke MBSR Program** is pleased to offer these periodic Saturday drop-in meditation sessions to the general public, so all are invited to attend, with all levels of meditation experience welcome. All classes are led by one of the MBSR Instructors, and in general, begin with a period of mindfulness practice, then a talk on some aspect of mindfulness, followed by a period of discussion and Q&A.

The fee for the class is \$15, payable at the front registration desk. There is no need to pre-register, with seats filled on a first-come, first-serve basis. The next class will meet Saturday, 2/15/14.

Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705
Saturday, February 15, 9:00 - 10:30 AM

[Back to Top](#)

Buddhist Families of Durham

Currently consisting of 74 beings in 24 + families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about meditation and Buddhism in Bodhi School with our three marvelous (non-parent-member) teachers.

For more information, visit:
[Buddhist Families of Durham](#)

Sunday Mornings
10:30AM-12:00 noon
please contact Sumi Loundon Kim for details
email: sumi@buddhistfamiliesofdurham.com
phone: 919-613-0160

[Back to Top](#)

Duke Cancer Center

This open meditation period begins with 10 min. of instruction, 15 min. of silent practice, and 5 min. of discussion/reflection. Various meditation practitioners from the community are invited to come and lead these weekly sessions. For more info contact Jon Seskevich at 919-681-3989 or Annette Olsen at 919-684-2843.

Monday Afternoons

12:30 - 1:00 PM

**The Quiet Room, Main Level
Duke Cancer Center**

[Back to Top](#)

Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at rlvereen@aol.com.

Monday and Thursday Mornings

7:15-8:00AM

2205 Wilson St., Durham, NC 27705

[Back to Top](#)

Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information contact Zensetter@gmail.com.

Tuesday Nights

7:00 - 8:15 PM

**Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516**

[Back to Top](#)

Other Resources

In addition to Triangle Insight, there are a variety of other meditation opportunities of which we would like for you to be aware. Rather than list them all here, we wanted to point you to the "links" section of our website at **[Triangle Insight](#)**. There are other sitting groups in the community whose practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation. For any questions please contact us at **info@triangleinsight.org**

[Back to Top](#)

Triangle Insight is a Non-Profit

In December 2011 we announced our classification as a non-profit with the State of North Carolina, and in May 2013 we received our designation as a 501(c)(3) religious organization by the IRS. All contributions received by the Triangle Insight Meditation Community are tax-exempt to the extent of the provisions of this designation. If you would like to donate to our organization please contact us at **info@triangleinsight.org**.

[Forward email](#)



This email was sent to rlvereen@aol.com by info@triangleinsight.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Triangle Insight | www.triangleinsight.org | Durham - Chapel Hill - Raleigh | NC | 27516