

Lake Eustis Report

June 22, 2009 | www.lakeeustisinstitute.org | 127 N. Grove Street, Eustis, Florida

Lake Eustis Institute

Enlighten your view of the world...



All seminars are at 135 N. Grove St., Eustis unless noted otherwise. Register by calling: 352.357.3995 or online: www.lakeeustisinstitute.org

Discover Tibetan Buddhist Meditation

Beginning Saturday, October 3rd, Mark Winwood will lead a group in learning about and how to practice Tibetan Buddhist meditation.

Mark Winwood is the founder and resident teacher of the Chenrezig Project, a Lake County-based (Yalaha) Tibetan Buddhist study and practice group. He teaches Tibetan Buddhist subjects at Lake-Sumter Community College, is an adjunct professor for Buddhist studies at the International Vedic Hindu University and has taught meditation principles and methods to various groups in the area. A frequent traveler to India, he combines practical Western life experience with his Buddhist practices and sensibilities.

“Learning to meditate is the greatest gift you can give yourself in this life. For it is only through meditation that you can undertake the journey to discover your own nature, and so find the stability and confidence you will need to live, and die, well.”

– Sogyal Rinpoche

This course should be of benefit to those currently with a meditation practice, those who have never attempted to meditate but are curious, and those who have tried meditation in the past and grew frustrated. Saturday mornings, 9am-11am. Please dress comfortably, feel free to bring pillows, zafus, etc. for sitting on the floor; chair sitting will be provided and is completely acceptable.

Saturdays: 9-11 am, Oct. 3, 10, 17, 24, & Nov. 14, 21

Fees: Members \$35 for 6 sessions,

Non-members \$45 for 6 sessions

Call: 352.357.3995 to reserve your place.

Reservations close September 26.

Friends of the Institute Planning Culture Excursions for Fall

Friends are Institute members who take their interest in the Institute to a higher level. They volunteer, they fund-raise, they perform community out-reach projects, and they have fun.

The Friends organization grew out of the Institute's Moral Dilemmas seminars. The seminar group became so convivial that they were unwilling to limit their get-togethers to an hour each Monday morning. In addition to socializing, this group wanted to do something useful, so they formed the Friends to help the Institute.

The Friends plan to offer cultural monthly excursions starting in September. September 17th will be a trip to the Florida Carriage Museum in Weirsdale. The Florida Carriage Museum is home to one of the world's finest collections of carriages. On display are more than 160 European and American carriages including the elaborate 1850 Armbruster Dress Chariot once owned by Franz Joseph, Emperor of Austria, and his wife Elisabeth.

In October, the Friends plan a trip to Yalaha Bakery's Oktoberfest for some Old Bavarian style fun.

Call: 352-357-3995 to learn more about the Friends and their activities.