

## ABOUT OUR INSTRUCTORS

**Charlie Day**, founder of the Des Moines Meditation Group, is a retired clinical psychologist who has studied and taught meditation and mindfulness methods for over 45 years in the US, India, and Thailand.

**Rev. Eido Bruce Espe**, an ordained Soto Zen Buddhist Monk/priest, serves as head priest at Des Moines Zen Center and Vice Abbott at Ryumonji Zen Monastery in Dorchester Iowa.

**Betty Ruth Krueger** has been teaching meditation through the Art of Living Foundation for 20 years; she is the author of a book about personal growth through guidance from a traditional meditation guru in the Shankaracharya lineage of the ancient Vedic Tradition of Masters.

**Prasad Palakurthy** is a cardiologist at UnityPoint Health who teaches yoga at the Hindu Temple and Cultural Center of Iowa.

**Kathy Reardon** is a spiritual director in practice as at the Des Moines Pastoral Counseling Center and a commissioned presenter of centering prayer by Contemplative Outreach International.

**Father Silouan** is an Eastern Orthodox rassaphor monk who has established close relationships with the Greek Orthodox Church of St. George and St. Demetrius Serbian Orthodox Church.

## MEDITATION, FOOD & DRINK

### Note from the instructors regarding food, drink, and meditation:

Meditation tends to lower body metabolism, and digestion tends to raise metabolism. To get the best experience from the meditation sessions, we recommend that if possible you postpone breakfast (including coffee) until after the meditation sessions when a catered breakfast will be served. If you need to eat earlier, we recommend that you take something easily digestible such as a glass of juice or piece of fruit. If you have medical instructions that differ from this, please follow your doctor's advice.

## SCHEDULE

**9:00–9:15 a.m.**

### Welcome & Orientation

*Fellowship Hall*

Tim Knepper, *Director, The Comparison Project*  
Rev. Ryan Arnold, *Senior Minister, First Christian Church*

**9:20–10:55 a.m.**

### Meditation Workshops

*Various Locations (see below for details)*

**Session 1:** 9:20-9:45 a.m.

**Session 2:** 9:55-10:20 a.m.

**Session 3:** 10:30-10:55 a.m.

**11:10 a.m.–12:00 p.m. Meditation Dialogue and Q&A Session**

*Fellowship Hall*

## MEDITATION SESSION AND LOCATIONS

### Sanctuary (1<sup>st</sup> floor): Centering Prayer (Reardon)

*Centering Prayer is a Christian prayer of silent intention by which the practitioner surrenders herself to God.*

### Chapel (2<sup>nd</sup> floor): Hesychasm (Silouan)

*Hesychasm (“to keep still or quiet”) is a mystical eremitic prayer tradition of the Eastern Orthodox Church that features repetition of the Jesus Prayer.*

### Lounge (2<sup>nd</sup> floor): Hindu Kundalini Yoga (Palakurthy)

*Kundalini yoga is the practice of awakening an indwelling spiritual energy through poses, breathing exercises, and meditation in order to purify spiritual centers in the body and, ultimately, realize inner divinity and oneness with creation.*

### Room 301 (3<sup>rd</sup> floor): Universal Breath Meditation (Day)

*Universal breath meditation is a technique for focusing breath and refocusing it whenever the mind wanders.*

### Room 306 (3<sup>rd</sup> floor): Zen Shikantaza Meditation (Epse)

*Shikantaza or “just sitting” meditation teaches practitioners to be present with their current situation without thought of gain.*

### Room 312 (3<sup>rd</sup> floor): Pratyahara Meditation (Krueger)

*In Pratyahara, one of the eight limbs of Yoga, a master addresses the nature of the mind to cling onto objects of the senses by substituting simple directives to guide the mind inward.*