

# Awakening to Our Bodies

an Insight Meditation Retreat  
with Philip Jones

Sunday, Mar. 21st  
9 a.m. - 4 p.m.

As we open to the sensations of the body, we become intimate with life. This retreat will include meditation instructions, the practice of sitting and walking meditation and integrating awareness of the body into everyday life through movement and sensory awareness.

**Location:** Elm Street Yoga Studio  
904 Elm Street, Suite 210 (above Upper Crust downtown)  
Columbia, MO

**Cost:** Offered on a donation basis

Space is limited. Please pre-register by contacting Phil at [phil@silentmindopenheart.org](mailto:phil@silentmindopenheart.org), or 874-0881



Philip Jones has practiced meditation since 1987 and has been teaching Insight Meditation since 1996. His primary teacher has been Matthew Flickstein, although he has also studied with teachers from the Insight Meditation Society, Spirit Rock Meditation Center and with Bhante Gunaratana.

