



# LivingWell

836 Main Street – Westbrook, Maine 04092

a center for cultivating mind-body health and spiritual growth through practices of mindful awareness, creative expression, and integrated care

[www.livingwellcenter.info](http://www.livingwellcenter.info)

## Vipassana (Insight/Mindfulness) Meditation and Brahma Vihāra Meditation

The “Divine Abodes”  
(loving-kindness, compassion,  
appreciative joy & equanimity)

**Tuesdays: 5:30 – 6:45 PM**  
1<sup>st</sup> and 3<sup>rd</sup> Tuesdays – Vipassana  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays – Brahma Vihāra  
**Cost: Dāna (donation)**

*Ongoing/”drop-in” --- no meditation experience is necessary  
All are welcome!*

## Nikāya\* Buddhist Study

**The 2<sup>nd</sup> Saturday of each month: 10:00 AM – noon**  
**Cost: Dāna (donation)**

*\*The Nikaya texts of the Pali Canon form the core and earliest recorded teachings of the Buddha. While more contemporary Buddhist literature and teachings will be included, the focus of the study will be on these core teachings.*

## Saturday Morning Meditation and Conversation

**4<sup>th</sup> Saturday of the month: 10:00 AM – noon**  
**Cost: Dāna (donation)**

*For more information, contact  
Sally Bowden-Schaible at [sbs@livingwellcenter.info](mailto:sbs@livingwellcenter.info) / 207.856.0090*