

Spirit Rock



Meditators at Spirit Rock



Mainstreaming Mindfulness



Time Magazine, 2014



Mindful Schools, Based in Bay Area

Curriculum Training

HOW TO USE MINDFULNESS
WITH CHILDREN & ADOLESCENTS



Mindful Awareness Research Center, UCLA



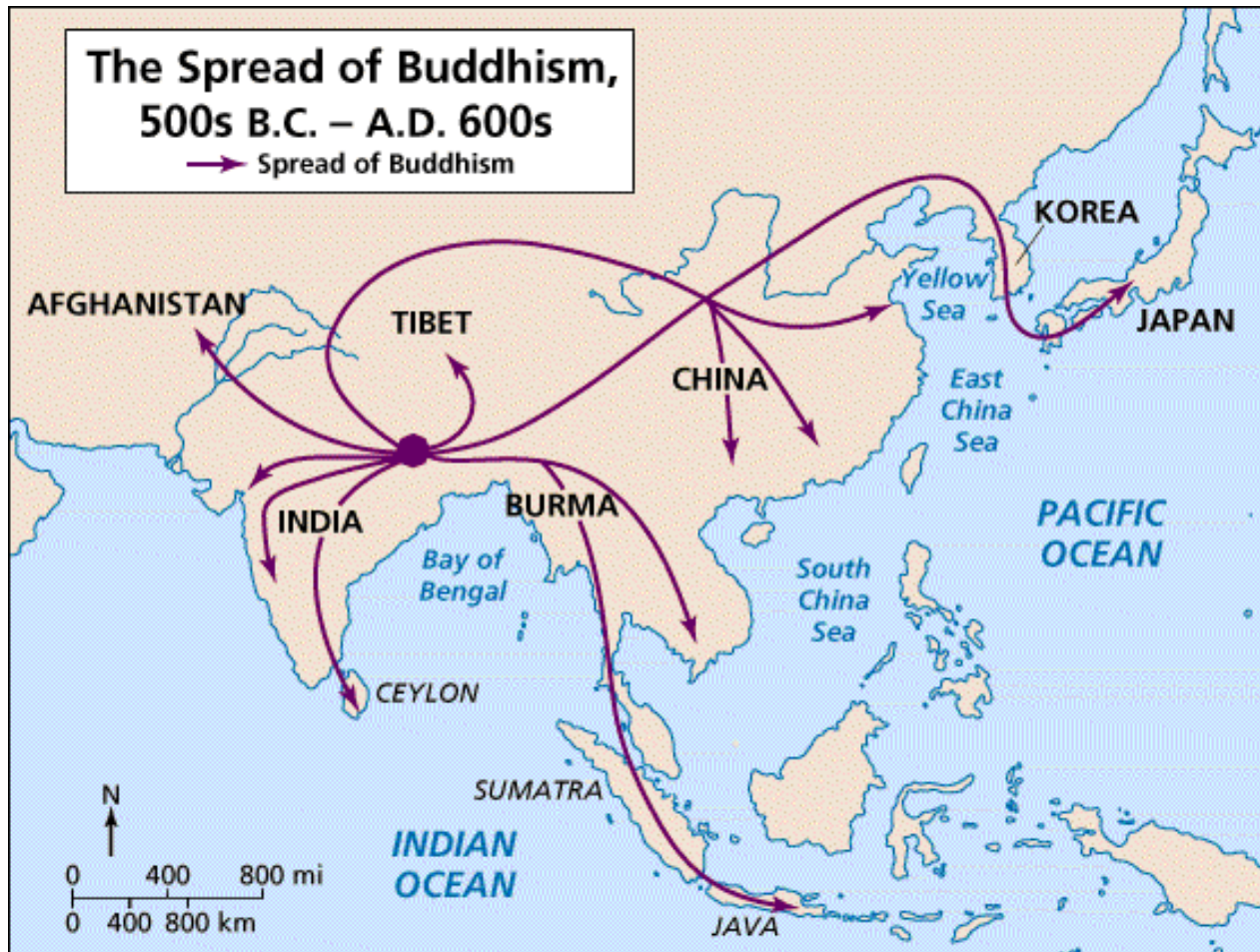
Mahasi Sayadaw



Mahasi Sayadaw



The Spread of Buddhism in Asia



Southeast Asia



Bagan (Pagan), Burma (Myanmar)



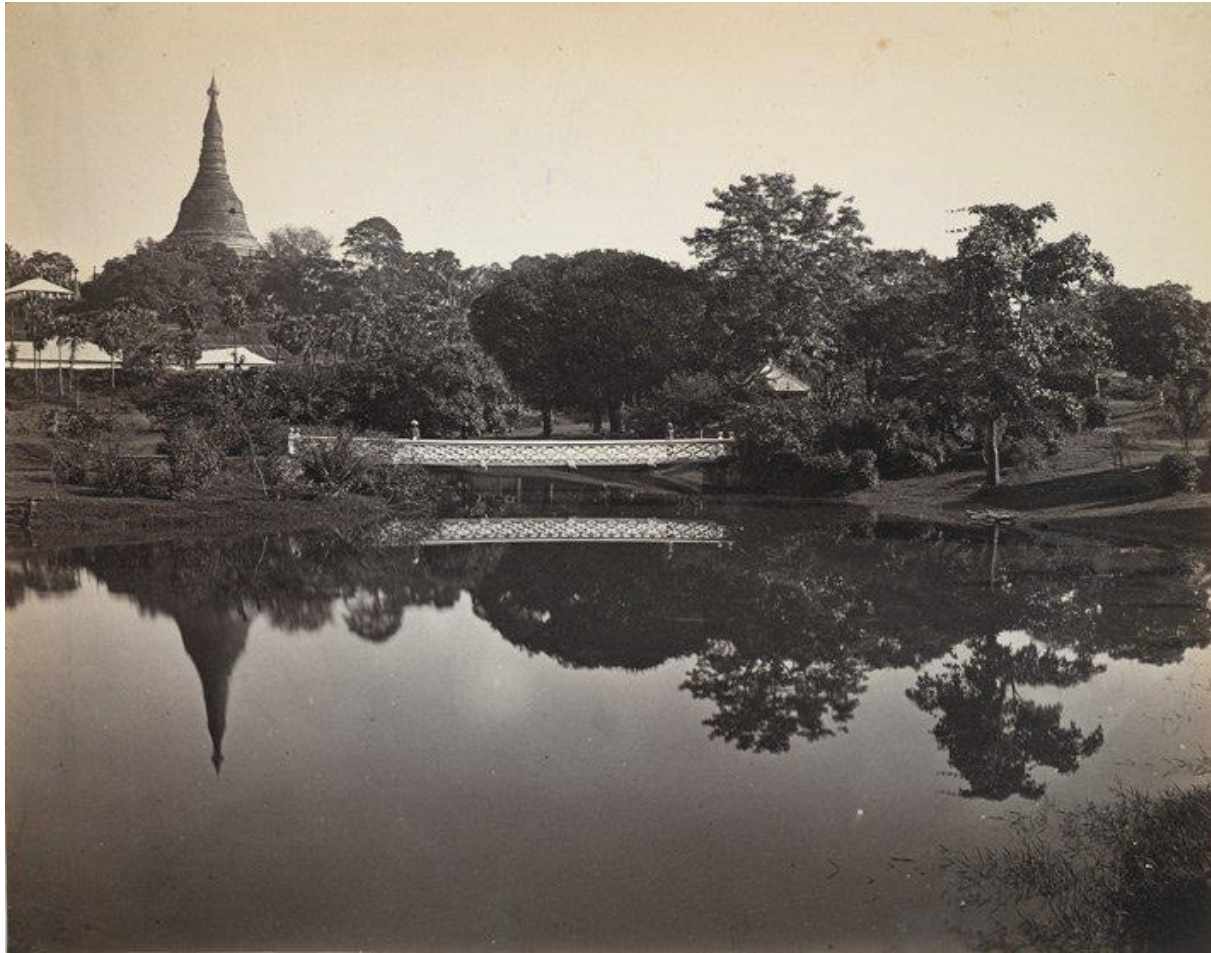
Temples in Bagan



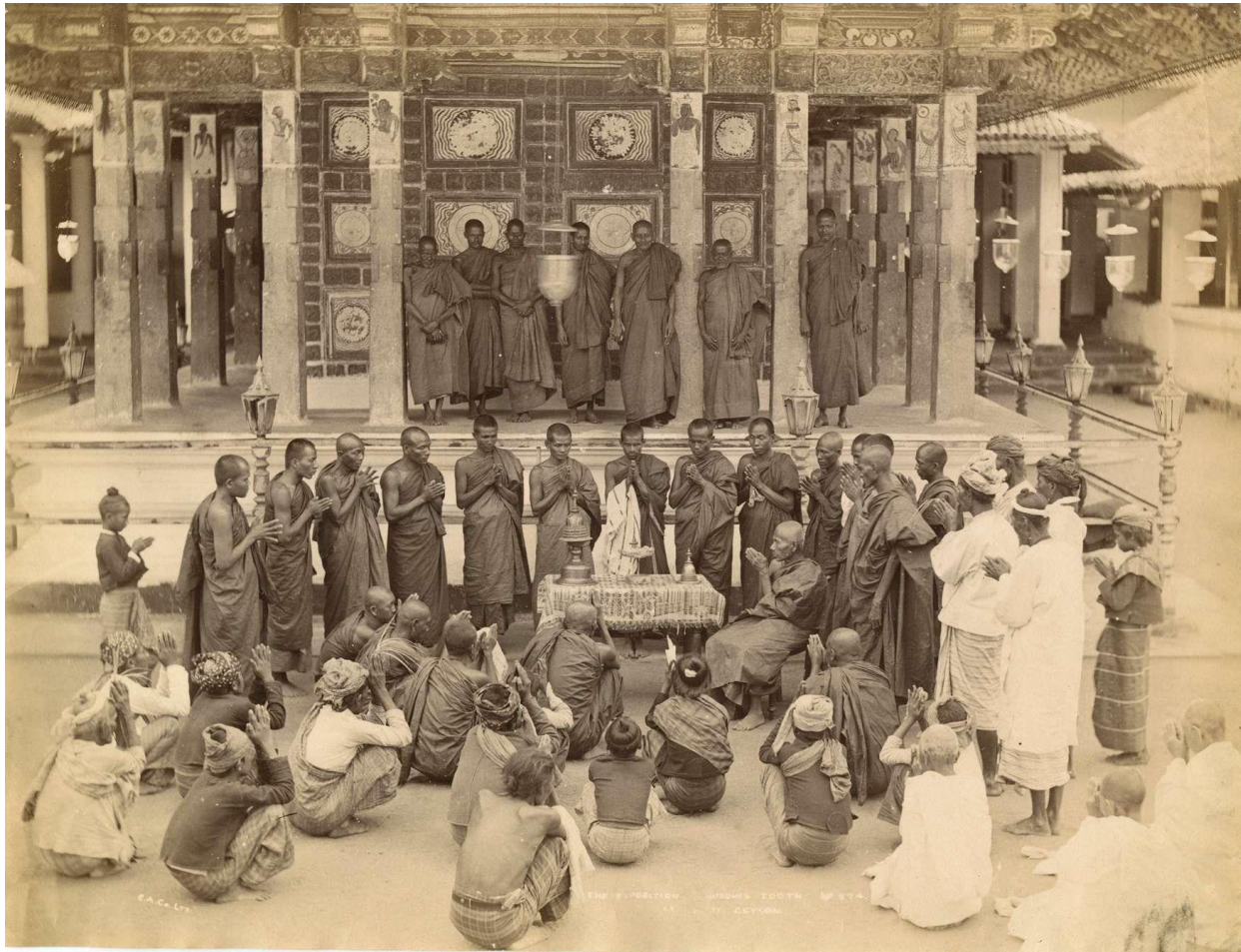
Buddhas in Burmese Temple



Shwedagon Pagoda, Yangon, c. 1868



Temple, c. 1890



The Hman Kyaung or the glass monastery , c.1890



Burmese Buddhist Monks c. 1880



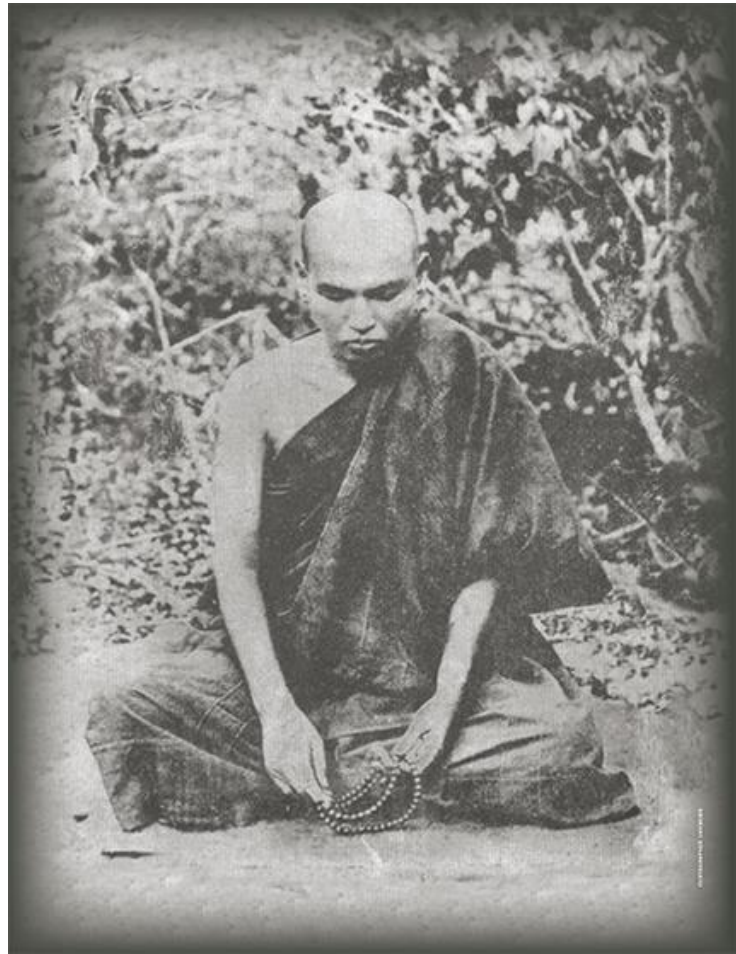
British Forces Arrive in Mandalay, 1885



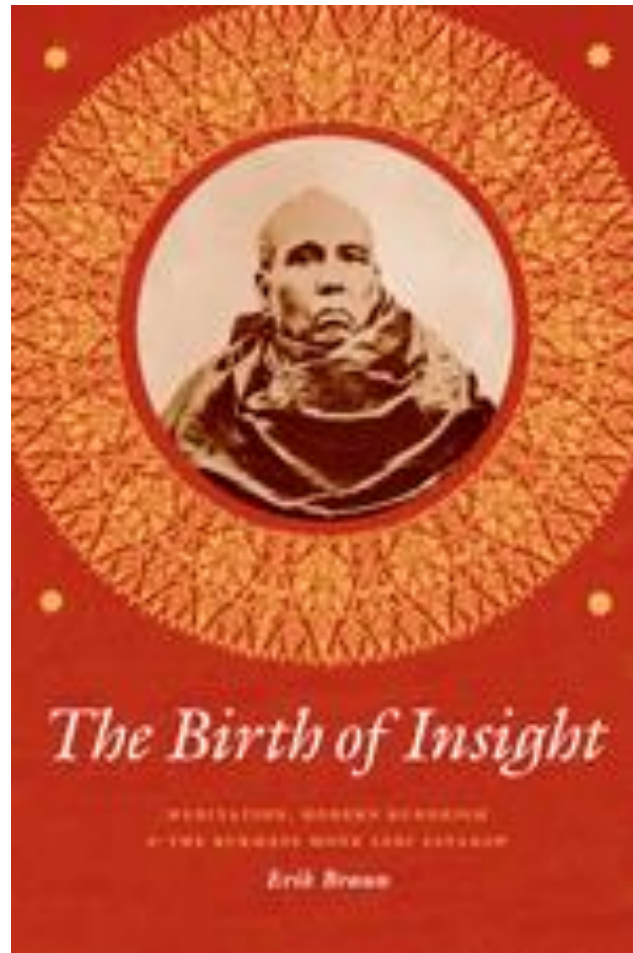
Burmese Army Surrenders, 1885



Ledi Sayadaw



Erik Braun, *Birth of Insight* (2013)



Mahasi Sayadaw



Mahasi Sayadaw



S.N. Goenka



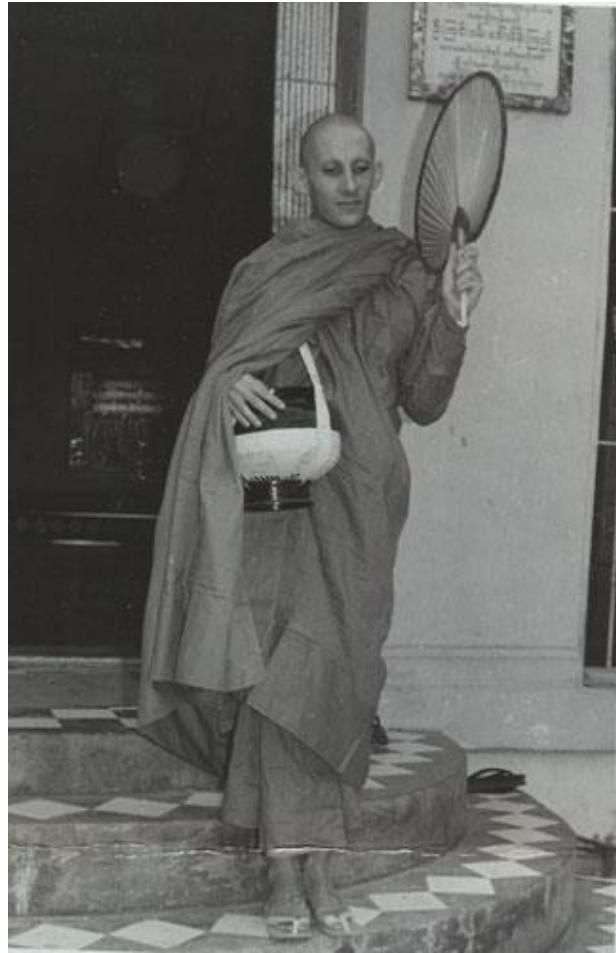
Anagarika Munindra



Munindra at IMS, c. late 1970s



Jack Kornfield, Sunlun Monastery, Burma, 1971



Mahasi Sayadaw at IMS, 1978; Authorization of Western Teachers



“You don’t have to be Jewish . . .”

**You don't have
to be Jewish**

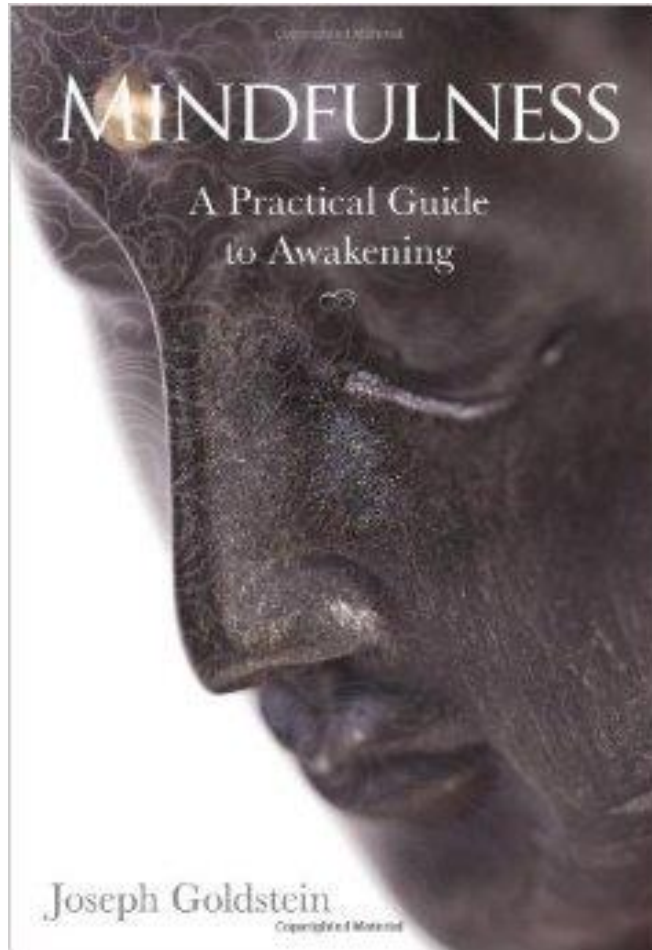


to love Levy's
real Jewish Rye

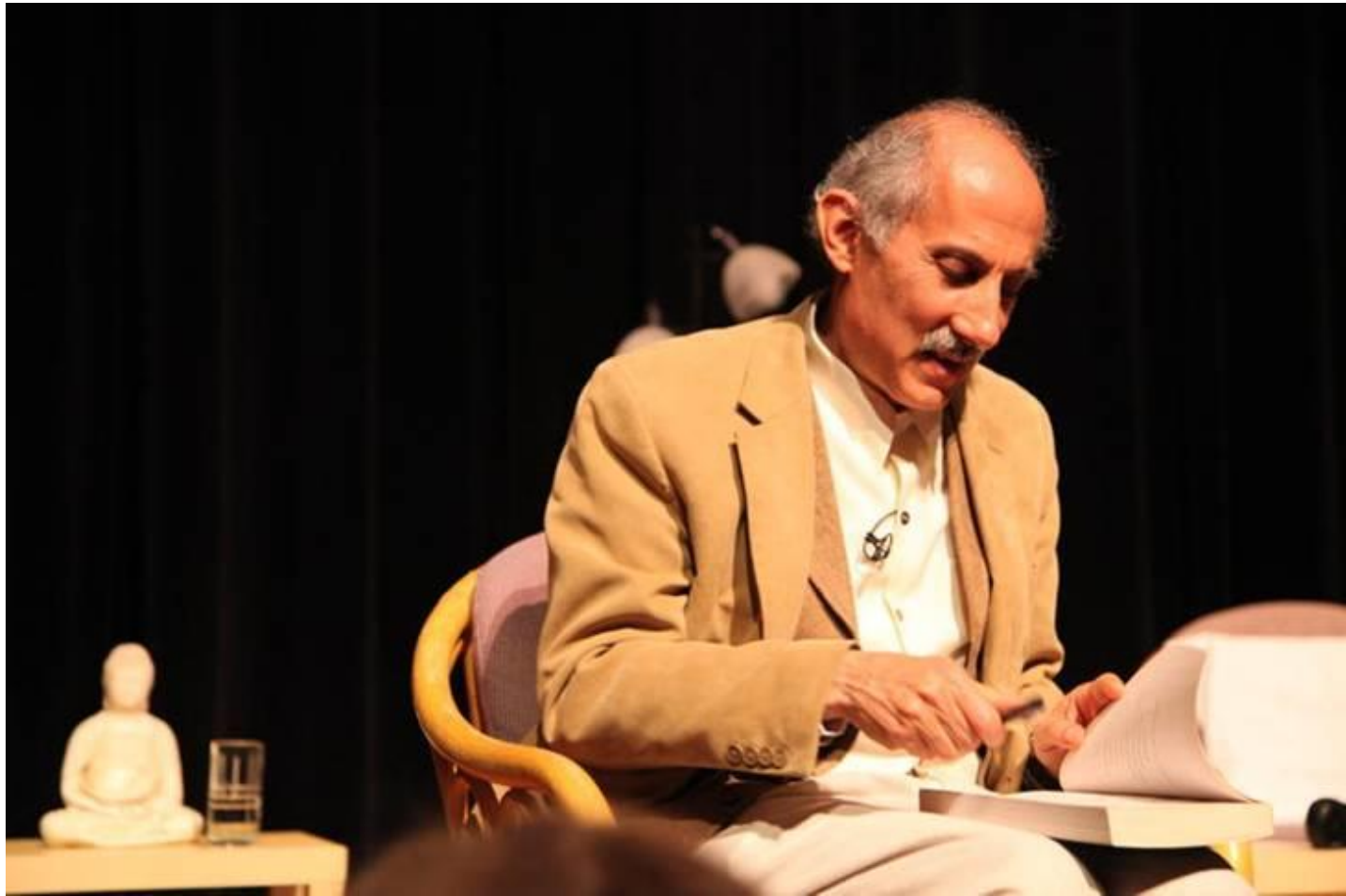
Joseph Goldstein



Joseph Goldstein's Book on Mindfulness, 2013



Jack Kornfield, 2011



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