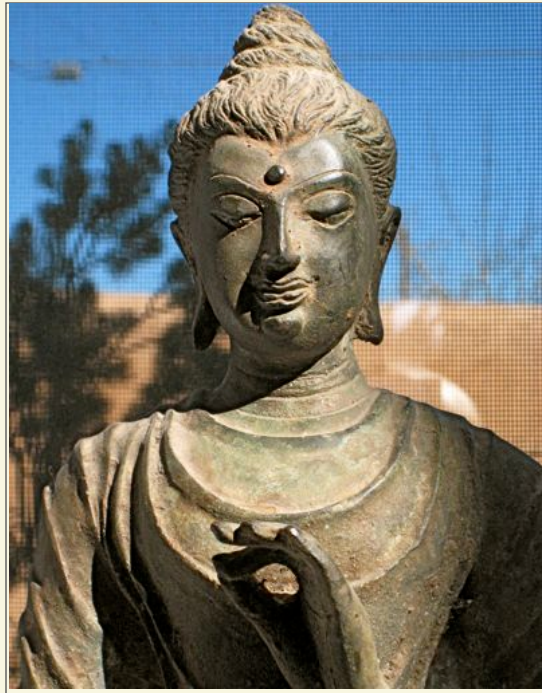## Locations

Thursday 6:30pm - 8:15pm

Wat Buddhasothorn

145 Madison NE

corner of Copper and Madison

Sunday 6:30pm - 8:00pm

Bhava Yoga Studio

520-A Central SE

corner of Walter and Central

Get Involved

Albuquerque Vipassana Sangha is organized and managed by community members who volunteer time, effort and skills. Offers to support the Sangha are greatly appreciated and there are a wide range of opportunities to help.

To learn more about the sangha:
www.abqsangha.org

ALBUQUERQUE VIPASSANA SANGHA

Albuquerque Vipassana Sangha is a community that aspires to realize the liberating potential of the dharma - the teachings of the Buddha.
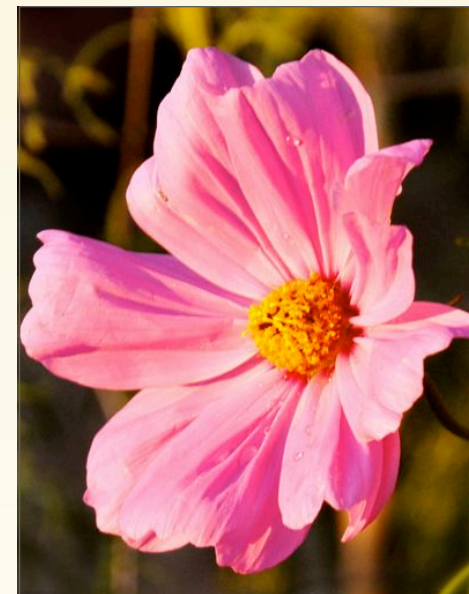
Albuquerque Vipassana Sangha

Albuquerque Vipassana Sangha supports dharma practitioners to realize liberation through the practice of Insight Meditation and to integrate the Buddha's teachings of the Noble Eightfold Path into their daily life.

Aspirations and Values

Albuquerque Vipassana Sangha aspires to end suffering through the realization of the Buddha's Noble Eightfold Path. Our community is guided by the following principles and practices:

‣ The Buddha's gradual training of generosity, ethical conduct, and cultivation of awareness

‣ The Brahma Viharas: loving kindness, compassion, appreciative joy, and equanimity

‣ Freely offering the teaching to all who are seeking, without exception

‣ Communication that is true, appropriate, and kind

‣ Compassionate action through service

Activities

Albuquerque Vipassana Sangha offers a wide range of opportunities for individuals to deepen their understanding of the Buddha's teachings. These include:

‣ Weekly meditation and dharma discussion on Thursday and Sunday evenings

‣ Half-day meditation retreats

‣ Study groups

‣ Beginner classes

May all beings be at ease.

Whether they are weak or strong, omitting none,

The great or the mighty, medium, short or small,

The seen and the unseen,

Those living near and far away,

Those born and to-be-born,

May all beings be at ease!

from the Metta Sutta