

**Jonathan Foust's
Fall 2008 and 2009 Program Schedule**

September				
Sept 3	Year of Living Mindfully Monthly class	Evening	Great Falls, VA	Enrolled
Sept 13	The Intimacy of Stillness	Half Day	Inspired Yoga, Washington, DC	http://www.inspireyoga.com/?p=194
Sept 20	Year of Living Mindfully Daylong Retreat	Daylong	TBA	Enrolled
Sept 27	Buddha on the Beach: Change Yourself, Change the World	Daylong	Lewes, DE	http://www.imc-lewes.org/UpcomingEvents.html
October				
Oct 1, 2008	Year of Living Mindfully Monthly class	Evening	Great Falls, VA	Enrolled
Oct 11, 2008	Embodied Presence: Yoga and Meditation	Daylong		http://www.jonathanfoust.com/oct112008flyer.pdf
Oct 17, 2008	Awakening Presence	Weekend	Alberta, Canada	http://www.yogafortoday.ca/Jonathan%20Foust%2008.pdf
Oct 24, 2008	IMCW Fall Retreat with Tsoknyi Rimpoché (Jonathan leading movement)	7 days	Seton Retreat Center, Seton, MD	www.imcw.org
November				
Nov 5, 2008	Year of Living Mindfully Monthly class	Evening	Great Falls, VA	Enrolled
Nov 6, 2008	The Energy Intensive with Richard Faulds	3 days	Kripalu Center, Lenox, MA	http://www.kripalu.org/program/view/all/TEI082/
December				
Dec 3, 2008	Year of Living Mindfully Monthly class	Evening	Great Falls, VA	Enrolled
Dec 13, 2008	Year of Living Mindfully Daylong Retreat	Daylong		Enrolled
Dec 27, 2008	IMCW New Year's Retreat	5 Days	Seton Retreat Center, Seton, MD	www.imcw.org
January				
Jan 7, 2009	Year of Living Mindfully Monthly class	Evening	Great Falls, VA	Enrolled

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Jan 10, 2009	Buddha and the Body: Mindful Movement, Relaxation and Meditation	Daylong	TBA	www.imcw.org
Jan 16, 2009	Advanced Yoga Teacher Training	9 Days	Kripalu Center, Lenox, MA	www.kripalu.org
February				
Feb 4, 2009	Year of Living Mindfully Monthly class	Evening	Great Falls, VA	Enrolled
Feb 26, 2009	The Energy Intensive with Richard Faulds	3 days	Kripalu Center, Lenox, MA	http://www.kripalu.org/program/view/all/TEI082/
March				
Mar 4, 2009	Year of Living Mindfully Monthly class	Evening	Great Falls, VA	Enrolled
Mar 7, 2009	Buddha and the Body: Mindful Movement, Relaxation and Meditation	Daylong	TBA	www.jonathanfoust.com
Mar 28, 2009	Year of Living Mindfully Final Weekend	Weekend	TBA	Enrolled
April				
Apr 3, 2009	Buddha and the Body Weekend Retreat	Weekend	Kripalu Center, Lenox, MA	www.kripalu.org
Apr 18, 2009	Relationships Retreat with Tara Brach	Daylong	TBA	www.imcw.org
May				
May 1, 2009	IMCW Spring Retreat	7 days		www.imcw.org
May 16, 2009	Buddha and the Body: Mindful Movement, Relaxation and Meditation	Daylong	TBA	www.jonathanfoust.com
June				
Jun 25, 2009	The Energy Intensive with Richard Faulds	3 days	Kripalu Center, Lenox, MA	http://www.kripalu.org/program/view/all/TEI082/
Jun 28, 2009	Opening Intuitive Perception: Meditation, Focusing and Intuition Training	4 days	Kripalu Center, Lenox, MA	www.imcw.org
July				

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Jul 20, 2009	Meditation and Psychotherapy Symposium with Tara Brach	5 Days	Kripalu Center, Lenox, MA	www.kripalu.org
September				
Sept 25, 26, 27	The Liberating Power of Presence: A Non-residential Meditation Retreat	Weekend	Washington, DC	www.jonathanfoust.com
October				
Oct 23, 2009	IMCW Fall Retreat	7 days		www.imcw.org
November				
Nov 5, 2009	The Energy Intensive with Richard Faulds	3 days	Kripalu Center, Lenox, MA	www.kripalu.org
Nov 14, 2009	Buddha and the Body: Mindful Movement, Relaxation and Meditation	Daylong	Washington, DC	www.jonathanfoust.com
December				
Dec 29, 2009	IMCW New Year's Retreat	5 Days	TBA	www.imcw.org