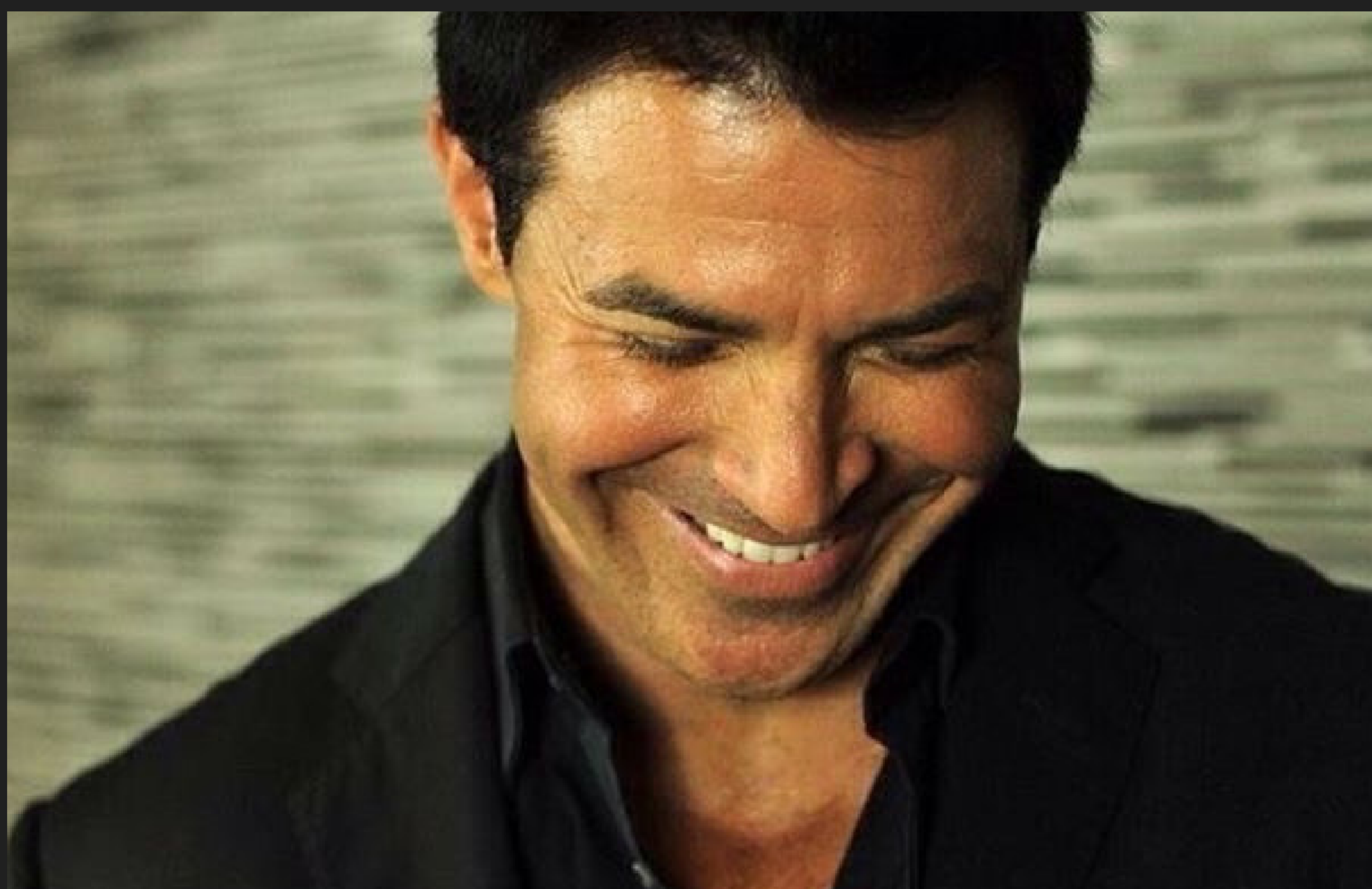


ASPEN CHAPEL PRESENTS

FREEING THE MIND MADE EASY

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AUGUST 24, 2017

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Michael Gregory has been the Executive Director of the Mindfulness Meditation Center community in California, Colorado and Florida since 2000 as well as the Beyond Therapy counseling community. He has actively practiced Buddhism and meditation for over 25 years and has joyfully instructed a continuous stream of practitioners of all levels and backgrounds in North America, Thailand and India.

Michael is well known for his direct, powerful, and often humorous teaching style stressing insight, mindfulness, concentration (jhana) meditation and practical, liberating practices. He places special emphasis on the application of Equanimity, Loving Kindness, Compassion and Joy in daily life.

Michael was ordained in the Thai forest tradition of Ajahn Chah, and later ordained in the Tibetan tradition in Sikkim where he entered into long retreat in Tibet and Thailand.

