

**Hugh Byrne** Hugh, a guiding teacher with the Insight Meditation Community of Washington (IMCW), trained with Jack Kornfield, Joseph Goldstein and other senior teachers and has been teaching meditation since 2000. Hugh has worked in the field of human rights and social justice and is committed to engaging the wisdom of contemplative practices to help alleviate suffering in the world. Hugh holds a law degree from London University and a PhD in political science from UCLA.