

Mindfulness and the Body

An Insight Meditation Retreat
With Lloyd Burton and Terry Ray
April 23- April 26, 2009



What. Vipassana (Insight) is a meditation practices from the Theravada Buddhist tradition, a 2,500 year-old path to self-knowledge and spiritual awakening. The retreat will be conducted in silence and will include alternating periods of sitting and walking meditation.

The focus of this retreat will be on mindfulness and the body: using the power of mindfulness to explore deeply the experienced reality of our physical existence and the mind's relationship to that experience. We will be working with the Four Elements meditation, and with the practice of yoga as a means of better knowing the inherent wisdom of the body. Bring a yoga mat and a light blanket (to cover yourself after yoga sessions).

When and Where. Sunrise Ranch Loveland, near Loveland, Colorado; beginning the evening of Thursday, April 23, and ending on the afternoon of Sunday, April 26, 2009. Registration begins at 5:PM, followed by a light evening meal; opening ceremony at 7. The retreat will end at 3:PM Sunday, April 26. Accommodations range from camping to shared rooms (dorm, triples, doubles) to private rooms, at fees ranging from \$175 to \$325. The sooner you register, the better the likelihood of securing the accommodations of your choice.

Who. Both beginning and experienced mediators are welcome, including those with limited physical ability - yoga practices and bodily awareness exercise can be individually modified accordingly. Terry and Lloyd are graduates (charter cohort of 2000) of the Community Dharma Leaders seminary program, Spirit Rock Meditation Center, Woodacre, California.

Registration. To learn more about the retreat and to register, contact Tracy Walters at tra.lewa@hotmail.com; or phone her at 720 490 5413. A limited number of partial scholarships are available for this retreat.

Dana. In keeping with this tradition, meditation and teachings are offered free of charge; retreatants pay only for room, board, and administrative expenses. At retreat's end, participants are invited to offer a donation to the teachers in gratitude for their efforts and to support their continued practice and teaching. Information about the Insight Meditation Community of Colorado (IMC), the teachers, and meditation links is available on the TMC Website: www.insightcolorado.org