



# LIVING WITH CHANGE



## A Vipassana/Metta Meditation Retreat

**What.** A residential retreat based on Vipassana (Insight) and Metta (Lovingkindness) meditation practices. The theme of the teachings at this retreat will be *Anicca* (continuous change), one of the three "marks of existence" the Buddha taught it is essential to understand and accept to be free.

**When and Where.** Thursday evening, April 3, through Sunday afternoon, April 6, 2008. The retreat will be held at the Holy Cross Abbey, Canon City, Colorado (about 30 minutes' drive south-west of Colorado Springs).

**Who.** All are welcome, regardless of experience level with this practice tradition (meditation instruction will be given). Teachings and individual interviews will be offered by Lloyd Burton, David Chernikoff, Terry Ray, and Wendy Zerin, members of the Insight Meditation Community teacher's collective.

**Costs.** With the exception of the registration fee, this retreat is being offered entirely on a *dana* (gift freely given) basis. Retreatants are invited to offer whatever amount seems appropriate to their means and generosity to cover the costs of room and board, and as a gift to the teachers and manager in gratitude for the teachings.

**Registration.** To register for this retreat, send a deposit check or money order (refundable up until March 13 if your plans change) in the amount of \$100, made payable to *Insight Meditation Community* to: David Kane (IMC Retreats), 11705 Ranch Elsie Road, Coal Creek Canyon, CO, 80403-7300. For more information, he can be emailed at [imc.retreats@gmail.com](mailto:imc.retreats@gmail.com) or phoned at 303.642.3353.