



# MEDITATING WITH THE OCEAN

**SUSIE HARRINGTON** has been practicing meditation since 1989, primarily within the Insight meditation Buddhist tradition. She has been teaching since 2005 under the direction of her teachers - Guy Armstrong, Jack Kornfield, and Tory Capron. She has also been influenced by Advaita Vedanta and Dzochen teachers. She has led wilderness trips for 30 years.

**CARLA BRENNAN** teaches with Vipassana Santa Cruz and other groups in the Bay Area. She has been meditating for over 30 years in the Zen, Theravada, and Tibetan traditions. Her teachers have included Zen Master Seung Sahn, Jack Kornfield, and Lama Surya Das. Carla is also a wilderness guide for Sacred Passage, an artist, and former psychotherapist.

*Sky Mind Retreats presents:*

## **A 7-DAY RETREAT IN WILD NATURE**

June 21 — June 27, 2009

Lost Coast, California

**With Susie Harrington & Carla Brennan**

**T**his retreat provides a special opportunity to explore the power of a silent meditation retreat while immersed in the beauty and wildness of California's Lost Coast. We will participate in an age-old tradition of going into the natural world as a support for spiritual practice and inquiry. Immersed in nature, we will use meditation practices to increase our receptivity to interconnectedness, and the preciousness and beauty that surrounds us. Through our enhanced openness and quiet, we have the opportunity to explore deeply the truth of our own nature.

We will be based at a remote homestead on the Lost Coast. This retreat will offer a variety of sitting and walking meditation practices, qi gong sessions, dharma talks, individual meditation instruction, and an opportunity for deep personal exploration. This is a Buddhist meditation retreat with each leader bringing her own experiences to the practice. This retreat will be held in Noble Silence and requires a commitment by participants to this practice.

**LOGISTICS:** We will meet at 8:30 am at Shelter Cove on June 21. Participants will be walking a flat and sandy nine miles in and out. You will need to carry only your own personal items. (If this is prohibitive, let us know as options are available.) We will be using a remote house as our retreat base. It will provide a place to eat, sit, sleep out of the weather when necessary, but the majority of the retreat will take place outside. There will be inside dorm type accommodations or, for more privacy, you may bring a tent to camp adjacent to the retreat house. All food and meal preparation will be provided. We will be finished by 4:00 p.m. on June 27.

**APPROXIMATE COST:** \$425. This covers only the direct costs of the retreat (retreat house and food). Scholarships are available. In accordance with the tradition of freely offering the teachings of the Buddha, Carla and Susie are teaching the retreat as an act of generosity. At the end of the retreat, there will be an opportunity to make an offering to the teachers, through the generosity of participants. The financial support that Carla and Susie receive allows them to continue to teach.

**For additional information and registration:**  
[www.desertdharma.org](http://www.desertdharma.org)