



The Golden Bowl Foundation Presents...

MEDITATION ON THE RIVER: *A canoe trip on the Green River*

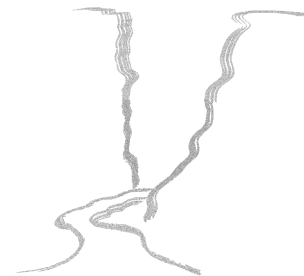
Retreat Teachers:
Victoria (Tory) Capron &
Susie Harrington

D A T E S : S e p t 2 4 - O c t 2 , 2 0 0 9



Meditating in the Desert: This trip provides a unique opportunity to explore the power of a silent meditation retreat while immersed in the beauty and wildness of Southern Utah. We will participate in an age-old tradition of going into the wilderness as a support for spiritual practice and inquiry. Through our enhanced openness and quiet, we will have the opportunity to explore deeply the truth of our own nature. The practice, silence, and desert will provide a natural support for cultivating our relationship to what is true and to the “other than human” world. River time is paddling meditation. Wind meditation. Sun meditation. Flowing on river time with our breath, sounds, flow, clouds, red rocks and river, skin, dirt and lizards. We will be in a supportive community as we explore this inner and outer journey.

Spiritual Awakening: This retreat will offer a variety of sitting, paddling and movement meditation practices, and an opportunity for deeper exploration through group work and individual meditation instruction. This is a Buddhist meditation retreat with each leader bringing her own experiences to the practice. This trip will be held in Noble Silence and require a commitment by participants to this practice. Keeping noble silence for eight days in the wilderness is in itself a powerful practice.



Costs: \$650 plus teacher's gift (see website for information and guidelines on teacher's gift)

Registration begins March 16th and closes on July 15th.

Your **application plus a deposit of \$200** will reserve your space on the retreat. Reservations are confirmed on a first-come, first-served basis. Please fill out a separate application form for each person.

Send to Golden Bowl Foundation. PO Box 17865. Boulder, CO 80308-0865.

The group number will be a **minimum of 12, and a maximum of 15**. If the retreat is full, you'll be placed on a wait list. If that happens, don't be disheartened, as there will likely be cancellations. The required deposit (fully refundable if you don't get in) is still necessary for those on the wait list. ***Full payment is due by July 15th.***

Victoria (Tory) Capron, M.A. is a Buddhist teacher and psychotherapist. She has been studying Buddhism for 28 years mostly in the Tibetan tradition but with years of study in both Zen and Vipasana. Tory has a Masters degree in Buddhist Studies and Counseling and has been teaching and working with both groups and individuals for 15 years. Her primary teachers are Chogyam Trunkpa Rinpoche, Reggie Ray, Pema Chodron, Adya Shanti, improvisational theater and the natural world.

Susie Harrington has been meditating since 1989, and been engaged in Insight meditation practice since 1995. She has completed Spirit Rock Meditation Center's Dedicated Practitioners Program and Community Dharma Leader program. Her primary teachers are Guy Armstrong, Jack Kornfield, and Tsoknyi Rinpoche. She is also influenced by Adyashanti and her collaborative work with Tory Capron. She is a graduate of the Professional Hakomi Therapy training – a mindfulness and bodybased psychotherapy modality. She lives and teaches in Moab. She has been an outdoor professional for over 30 years, including years as a river guide, mountaineering guide, and backcountry ranger for the National Park Service.

For more information and to register, [click here](#) or go to www.goldenbowlfoundation.org.