

MEDITATION IN THE DESERT

OCTOBER 16-24, 2009

MOAB, UTAH



9-DAY RETREAT - OCTOBER 16 - 24

(Limited space is available to attend weekend only: October 16-18)

with Susie Harrington & Carla Brennan

This nature-based retreat provides a special opportunity to explore the power of a silent meditation retreat immersed in the beauty and wildness of Southern Utah. We will participate in the ancient tradition of going into the natural world as a support for spiritual practice and inquiry. Wild nature can then become a profound teacher and guide on our path of awakening. Through enhanced openness and quiet, we have the opportunity to explore deeply the truth of our own nature.

We will be based at a beautiful, rustic retreat center in the red rock country near Moab, Utah. This retreat will offer a variety of sitting and walking meditation practices, dharma talks, individual meditation instruction, and an opportunity for deep personal exploration. Participants will be lodged in tipis with cots for 3-5 people per tipi. Camping space is available as well. All food and meal preparation will be provided. Two yurts provide practice, dining and kitchen space out of the weather. Most of our practice and time will be spent outside. Showers and outhouses are available.

October has some of Utah's best weather. You may want to extend your visit to include nearby Arches and Canyonlands National Parks as well as hiking, biking and kayaking.

COST: The cost for the 9-Day Retreat is \$485 (with a \$30 discount if registered by Sept. 1) and the Weekend Retreat is \$165 (with a \$15 discount if registered by Sept. 1). This covers only the direct costs of the retreat. 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.

SUSIE HARRINGTON has been practicing meditation since 1989, primarily within the Insight Meditation Buddhist tradition. She teaches meditation retreats and classes in the Four Corners area and California.

CARLA BRENNAN has been meditating for over 30 years in the Theravada, Zen and Tibetan Buddhist traditions. She is a teacher at Vipassana Santa Cruz and with other Bay area groups in California.

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