

MINDFULNESS MEDITATION RETREAT

FEB. 24 - 26, 2012

A residential meditation retreat at the remote and beautiful Hidden Oaks Lodge, on the east side of the La Sal Mountains. A secluded setting of gamble oaks and meadows, with mountains views, outside of old La Sal.

This retreat is appropriate for beginning and experienced meditators. A variety of sitting and walking meditation practices, dharma talks, and individual meditation instruction will be offered. The retreat will be held in Noble Silence. Delicious vegetarian meals provided.

Questions or additional information: Dorothy Harding - moabsangha@desertdharma.org

Downloadable information and registration:

WWW.DESERTDHARMA.ORG

RETREAT TEACHER:

Susie Harrington has been teaching within the Buddhist Insight Meditation tradition since 2005 under the direction of her teachers Guy Armstrong, Jack Kornfield, and Tory Capron; she has also been influenced by Adyashanti, Tsyokni Rinpoche and Reggie Ray. She teaches residential, non-residential, and wilderness retreats throughout the Four Corners region and California.

cost **\$110 - \$150**

This fee covers only the direct facility and food costs. There will be an opportunity to make a contribution to the teacher and the cook at the end of the retreat. Scholarships and work exchange are available - we appreciate your request.

Sponsored by the
Moab Sangha