



# *Meditation in the Wilderness*

## *A Basecamp Retreat in the South San Juan Wilderness of Southern Colorado*

*With Susie Harrington, teacher*

*August 24-29, 2009*

**G**lacial Gorges. Waterfalls and babbling streams. Meadows of wildflowers. The crack of lightning and lasting echoes of nearing thunder. High in the mountains one comes closest to the Source, a place that gives birth to rivers and titillates the soul. One can explore much about themselves and their true nature in such a place. It is in the alpine roof of the world that we will go to reconnect with nature, to gift ourselves some time to practice.

In this unique opportunity we will participate in an age-old tradition of going into the natural world for support in spiritual practice and inquiry. This is a Buddhist Insight Meditation retreat, in which we will use meditation practices to increase our receptivity to the interconnectedness and beauty that surrounds us. It will be held in silence and will require a commitment by participants to this practice. Through our enhanced openness and stillness of mind we have the opportunity to deeply explore ourselves and our true nature. This retreat will offer a variety of sitting and walking meditation practices, Qigong sessions, and additional guidance through group interviews and individual meetings with the teacher.

This is a wilderness retreat designed for those of us who wish to deepen our practice in nature without the physical burden of a full backpacking trip. We will be hiking in to a base camp nestled in a stunning meadowed valley, from which we will see more of the surrounding mountain country in mindful day hikes. The only backpacking hikes are the four miles in and out, both over easy terrain. All group gear – food, kitchen equipment, tarps, and such – will be provided and packed in for you, and so your backpack will only need to hold your own personal gear.

To get to the camp, participants will need to provide and be able to carry their own personal equipment (tent, clothing, sleeping bag), approximately 30 lbs. For more information please check the website below.

**For more information: [www.desertdharma.org](http://www.desertdharma.org)**

**Contact Bowe Ellis at 575-779-2111 | [retreats@desertdharma.org](mailto:retreats@desertdharma.org)**

*Susie Harrington* – dharma teacher – Susie 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 led wilderness trips for 30 years.

*Bowe Ellis* – trip guide – Bowe brings over ten years of wilderness and guiding experience, as well as his devotion to Buddhist and Nature-based practice.

**This retreat is offered by  
Sky Mind Retreats**

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**Scholarships gifted by the  
Golden Bowl Foundation**

**COST: \$230.** Scholarships are available. This expense covers only the direct costs of the retreat. In accordance with the tradition of freely offering the teachings of the Buddha, Susie, Bowe, and Jen are providing this retreat as an act of generosity. Support from participants allows them to continue to support the dharma. At the end of the retreat there will be an opportunity to contribute financial support to the trip coordinators.