



Vipassana Meditation

Retreat

Led by Lucinda Green, Ph.D.

Dharma Teacher

sponsored by *Rocky Mountain Insight*

Web Site: www.rockymountaininsight.org

Vipassana Meditation is a simple and direct practice - the examination of the mind-body process through calm and focused awareness.

DATES: 6 pm **Friday, February 19** – 4 p.m. **Sunday, February 21, 2010**

LOCATION: Benet Pines Retreat Center - Black Forest, Colorado Springs, CO.

SCHEDULE: The retreat is held in silence and includes sitting, walking, chanting, metta meditation, and Dharma talk.
It is an opportunity to deepen your practice in a community of sacred silence.

FEE: \$135 (includes lodging and vegetarian meals).
Does not include dana. Dana is a donation for the teacher.

Limited to 14 participants. Register ASAP to ensure participation in this retreat!
Fill out the form below and send in a \$70 deposit to reserve your spot. Make checks payable to Rocky Mountain Insight and mail to:

Denise Daniels-Kraig
PO Box 124
Manitou Springs, CO 80829

Questions? Contact Denise at 719. 648-4276

You will receive a follow up letter several weeks prior to the retreat. The opportunity to give dana will be offered during the retreat.

Name _____ Phone (h & w) _____

Address/City/State/Zip _____

email: _____ If you have any special dietary needs, for example no wheat, or non-dairy, please list them.