

Walking in the Buddha's Footsteps with Susie Harrington

at the Tolemei Center, Our Lady of Guadalupe Abbey, in Pecos, NM
Sunday – Sunday, August 6th-13th, 2017

(registration begins Sunday at 3 p.m. and retreat ends Sunday at 1 p.m.)



The Buddha was a real person who lived 2600 years ago. True he was an exceptional one, but still a traveler through the joys and challenges of life. In many ways, his life was his most profound teaching: the search for freedom from suffering and following the search, how to embody the awake heart in a full and meaningful life. For this retreat, we will investigate stories from the Buddha's life, and explore how these can be of use to us in our lives. There will be an emphasis on not only the journey to awakening, but also on how to meet the everyday challenges and complications of our personal lives and in today's world.

During this silent retreat, there will be sitting and walking meditation, meditation instructions, dharma talks, and individual meetings with the teacher. Like the Buddha, we will practice outside as much as conditions allow.

This retreat is open to all – those with experience and those new to practice.

7-day Residential Insight Meditation Retreat with Susie Harrington

Registration and Information

August 6 to August 13, 2017

Retreat fee/sliding scale: \$495-\$695

Co-sponsored by Albuquerque Insight Meditation Center, Santa Fe Vipassana Sangha, & Taos Mountain Sangha

More information available from Jean Admire, 505-901-9455 or jeanniea@fastmail.fm

Susie Harrington teaches internationally, is the guiding teacher for Desert Dharma, and serves communities in the Southwest near her home in Moab, Utah. She has trained in the insight tradition since 1989 and in 2005 was invited into teaching by Jack Kornfield and Guy Armstrong. She has also been influenced by her practice with Advaita, Dzogchen and Mahamudra teachers. Her teaching is deeply grounded in the body and often emphasizes the expression of mindfulness interpersonally and in daily life. Susie brings the skills of inquiry, relational dharma, and the psychological/spiritual interface from her training in Hakomi Therapy and the Diamond Approach. Believing nature to be a profound teacher, and a gateway to our true self, she often offers retreats outdoors. For more information:

www.desertdharma.org



Registration and Information: Please fill out form in full (**thanks!**) and send in with your deposit.

Name: _____ Email: _____

Age: _____ Gender: _____

Address: _____ City: _____ State: _____ ZIP: _____

Home Phone: _____ Cell Phone: _____

Emergency contact name/phone: _____

Please list any dietary restrictions: _____

Have you practiced meditation before? _____ If yes, for how long? _____

Participant waiver: I understand that I am wholly responsible for my health and safety for the duration of the retreat, from its advent to close, and hereby waive and hold harmless the sponsoring sanghas and Susie Harrington from any liability whatsoever resulting from my participation. I understand that meditation can pose certain risks, and agree not to hold the sponsoring sanghas or Susie Harrington responsible or liable in the event of any accident, illness (mental or physical), loss of personal belongings, physical injury or emotional distress resulting from my participation in this retreat. I understand that I am fully responsible for obtaining any necessary medical treatment should any accident, illness or discomfort arise on the retreat.

Signature _____

FRAGRANCE REQUEST: To accommodate participants with allergies, asthma or chemical sensitivities, please do not wear scented personal care products to meditation sessions or Sangha events. Your thoughtfulness will make others' lives more healthful.

Accommodations (meals and lodging) and **Payment**

All lodging is simple room with private bath — single occupancy or shared room is the same price. For more information about the retreat center, please visit <http://pecosmonastery.org/Facilities/Accommodations/index.html>

Scholarship funds are available; please apply early by contacting Anne (Osa) Arkin: osaearkin@gmail.com

Would you like to contribute to the scholarship fund? Yes _____ No _____

If yes, please indicate amount: _____ (**Many THANKS!**)

Deposit: 50% due at time of registration, and final payment due by July 20th, 2015. (We happily accept full payment at time of registration). Please make your check payable to Taos Mountain Sangha (Retreat) and mail deposit to: Taos Mountain Sangha (Retreat), PO Box 2854, Ranchos de Taos, NM 87557) For registration questions, email Jean at jeanniea@fastmail.fm or 505-901-9455

Cancellation Policy: To cancel your registration, call Jean at 505-901-9455. Cancellation fee schedule is:

Cancellation Date	On or before 5/21/17	5/21/17 to 6/30/17	6/30/17 to 7/14/17	7/14/17 to 8/5/17	After 3 p.m. on August 5, 2017
Cancellation Fee	\$50	\$100	\$200	\$300	No refunds

The Tradition of Dana: The Buddha's teachings are offered according to the principal of *dana*, an ancient *Pali* word meaning generosity, giving, or gift. *Dana* has played a central role throughout the 2,500 year-old tradition of Buddhism. Honoring this ancient custom, the teachers in this lineage receive no salary and rely entirely on the generosity of retreat participants for their compensation. (Meals and housing are provided while they are teaching the retreat). Participants will have the opportunity to offer *dana* at the end of the retreat, so please have either check or cash available for offering *dana*.

Participants need to bring their own sitting equipment: zabuton, zafu, bench, and/or backjack. Chairs will be available.

