

The Freedom of the Undefended Heart

A residency and weekend non-residential retreat with Erin Treat



October 27-November 3, 2016

Thursday 10/27	Meditation & dharma talk “ Finding Your Way in These Times: Love and Wisdom ”	6:30-8 pm
Friday 10/28	Individual practice discussions with Erin	3-6 pm Sign up sheet will be posted
Saturday and Sunday 10/29-30	Retreat (non-residential)	9-4:30 Saturday 9-4:00 Sunday
Wednesday 11/2	<ul style="list-style-type: none"> • Individual practice discussions with Erin • Sangha discussion group with Erin 	2:30-5:30 pm Sign up sheet will be posted 6:30-8:30 pm
Thursday 11/3	Meditation and dharma talk “ Carried by the Dharma ”	6:30-8 pm

- All events will be at the Albuquerque Vipassana Center, 200 Rosemont Ave NE, ABQ
- For the retreat, please bring your lunch. Chairs/cushions will be available.

Erin Treat lives in Durango, CO and serves as a Guiding Teacher of Vallecitos Mountain Retreat Center. She teaches retreats at Spirit Rock and the Insight Meditation Society, including part of the annual 3 month course at IMS. Erin serves as a teacher and board member at the Durango Dharma Center and enjoys mentoring students from around the country. Her approach to sharing the dharma is influenced by her experience as a student of the Diamond Approach by A.H. Almass and by her love of socially engaged practice, embodiment, and wild nature.



Retreat description

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The Buddha's path to happiness points us to the truth that is 'visible here and now, timeless, to be realized by the wise.' Allow yourself to touch and be touched by life through mindfulness practice grounded in the heart qualities of kindness and compassion. In a world of such profound need, when we abide in the present moment with wise attention, we cultivate the refuge we seek as human beings. This retreat will support you to discover peace, ease, and the compassionate heart from right where you are.

In a container of sitting and walking meditation along with dharma reflections and shared inquiry, we will pause to reconnect with our direct experience of body and mind. The instructions will be based upon the four foundations of mindfulness in combination with exercises in lovingkindness and compassion. All are welcome at this retreat, including those new to meditation as well as experienced meditators.

