

Five Day Silent Vipassana Retreat Led by Tara Brach and James Baraz

Radical Acceptance – Embracing Your Life with the Heart of a Buddha

Thursday, April 21 through Tuesday, April 26, 2005

Madonna Retreat Center
4040 St. Joseph Place NW
Albuquerque, NM 87120

Registration and check-in: 3-5pm April 21
Retreat begins with dinner 5:30 pm April 21
Ends after lunch 1:30 pm April 26

AS WE BEFRIEND and embrace all parts of ourselves through forgiveness, understanding and love, we let our Buddha Nature shine through and awaken that quality in others. This retreat will include silent and guided meditations, walking meditation, yoga, interviews with the teachers, and evening dharma talks.

Tara Brach, PhD, is the well known, much loved Vipassana teacher and psychotherapist who recently published *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*. A clinical psychologist, Tara founded the Insight Meditation Community of Washington DC and is the senior teacher there. She has been practicing meditation since 1975 and leads Buddhist retreats at centers throughout North America.

James Baraz has practiced Vipassana meditation since 1974 and taught since 1980. He is a founding teacher of Spirit Rock Meditation Center and coordinates the Community Dharma Leader Program and Kalyana Mitta Network. He also serves as teacher-advisor to the Spirit Rock Family and Teen programs. James leads an ongoing meditation class in the East Bay. His Theravada Buddhist practice has been influenced by Advaita and Dzogchen teachings, as well as the path of devotion.

For Information Contact Lenore Kitani @ (505) 243-3358; timw@unm.edu

[see over]

Fee Schedule and Room Types

There are limited numbers of each room type, especially singles with baths. Rooms will be assigned in the order deposits are received; you will be notified if your room choice is unavailable.

Retreat fees cover room and vegetarian meals:

Double: hall bath, \$275; private bath, \$315; **Single:** hall bath, \$310; private bath, \$375

Commuter (meals only) \$170

(Commuter registrations cannot be guaranteed until a minimum number of residential registrations are confirmed.

Commuting may detract from the retreat experience, so please choose to make this a residential retreat unless you would otherwise not be able to participate.)

IMPORTANT DANA NOTE: In keeping with the Buddhist tradition that dharma teachings are priceless, compensation for the teacher is **not** included in the retreat fees. At the end of the retreat students will have an opportunity to practice *dana* (generosity) by offering voluntary donations to support the teachers in their ongoing work of serving the dharma. When considering your donation, please reflect on the value of the teachings to your life and be aware that our teachers rely in large part on *dana* for their livelihood.

SCHOLARSHIP FUNDS ARE AVAILABLE: It is the wish of the Albuquerque Vipassana Sangha that no one refrain from joining any retreat we sponsor due to financial considerations. If you would like to request scholarship assistance or if you are reluctant to ask and would like help thinking about it, please contact Lenore Kitani @ (505) 243-3358; timw@unm.edu by March 10, 2005. Young people and people of color with financial need are especially encouraged to apply. Requests received after the 3/10/05 deadline will be considered based on available funds. All scholarship inquiries and assistance will be kept confidential.

Registration Form, Radical Acceptance Retreat in Albuquerque April 21-26, 2005

Name _____ Email [print clearly] _____

Address _____

Phone(s) _____ 1st Vipassana retreat? _____

Room preference/cost: 1st choice _____ 2nd choice _____

Roommate preference if any (doubles only) _____

Do you snore? _____ Is snoring an issue for you? _____ (Unless otherwise indicated, snorers will be roomed together.)

Special food needs _____

Other special needs _____

Interested in scholarship information? _____

Fill out registration form and mail to: Lenore Kitani c/o Albuquerque Vipassana Sangha, P.O. Box 40722, Albuquerque, NM 87196, with a deposit check for \$90 made out to "The Albuquerque Vipassana Sangha" to hold your spot. **The deposit is non-refundable after March 24, 2005.** Please mail remainder of fee by Thursday April 7, 2005. Due to the cost of reserving retreat space, after that date you will be responsible for the full retreat fee if you cancel.

If in the spirit of generosity you wish to make a contribution to the scholarship fund or the sangha, please make out a separate check for that and send to Lenore at the above address.