

Five Day Silent Vipassana Retreat Led by Eric Kolvig and Arinna Weismann

Thursday, Nov. 17 through Monday, Nov. 21, 2005

Canossian Spirituality Center
5629 Isleta Road SW
Albuquerque, NM 87105

Registration and check-in: 8:30-9:45 am
Retreat begins at 10 am Thursday, November 17
Ends at 3 pm Monday, November 21

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 meditations, walking meditation, group interviews for new meditators, interviews with the teachers, and evening dharma talks.

Eric Kolvig, Ph.D., has been teaching dharma in the Vipassana (Insight) tradition since 1985, after practicing intensively at the Insight Meditation Society. Eric is particularly interested in 'grassroots dharma' sitting groups and has helped empower local sanghas, including the Albuquerque Vipassana Sangha (AVS). In response to the AIDS epidemic and homophobia, he has led retreats around the country for gay men and lesbians. He is currently the resident teacher for the AVS.

Arinna Weismann has studied Vipassana (Insight) meditation for 23 years and has been teaching for fourteen. Her root teacher, Ruth Denison was empowered by U Bha Kin. She has also studied with Thich Nhat Hanh in the Zen tradition and Tsoknyi Rinpoche in the Dzogchen tradition. She was the first resident teacher at the Insight Meditation Society and is the founding teacher of Dhamma Dena Meditation Center. She is the co-author of *A Beginner's Guide to Insight Meditation*.

For information contact registrar:

Terry Thompson, (505) 268-2843, tgt44@comcast.net

Information and forms also available at www.abqsangha.org.

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, \$285; private bath, \$297; **Single:** hall bath, \$305; private bath, \$325

Commuter (meals only) \$195

(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.

SCHOLARSHIPS 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 Terry Thompson @ (505) 268-2843; tgt44@comcast.net, by Sept. 17, 2005. Young people and people of color with financial need are especially encouraged to apply. Requests received after the 9/17/05 deadline will be considered based on available funds. All scholarship inquiries and assistance will be kept confidential.

Registration Form: Vipassana Retreat in Albuquerque Nov. 17-21, 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: Terry Thompson with a deposit check for \$95 made out to "Albuquerque Vipassana Sangha," 1821 Illinois NE, Albuquerque, NM 87110 to hold your spot. **The deposit is non-refundable after October 15, 2005.** Please mail remainder of fee by Mon. Oct. 31, 2005. Due to the cost of reserving retreat space, after that date you will be responsible for the full retreat fee if you cancel. **We anticipate this retreat will be highly attended. We will accept registrations on a first come, first served basis, based on postmark.**

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 Terry at the above address.