

# Cultivating Awareness: A 2-day Non-residential Retreat with Diana Lightmoon



**Saturday/Sunday, August 26/27, 9:00am to 5:00pm**  
**At Suzanne Sluizer's home: 507 Solano Drive SE, ABQ**

During this retreat we will cultivate awareness using Anupassana, the recollective awareness process taught by Jason Siff. Students will be encouraged to use journaling, as well as group and individual interviews, as a way of developing and deepening their meditation practice. There will be a dharma talk both days, as well as time for questions and discussion.

Participation is limited to 10 people who have previous experience using the recollective awareness process with either Diana or Jason, or by permission of the teacher. Preference will be given to those attending both days.

**Cost:** \$20 (non-refundable), which goes to the Albuquerque Vipassana Sangha teacher fund; if you cancel, it goes to Diana. The teaching is given freely as *dana*, generosity, which you may in turn offer to Diana at the end of the retreat. All *dana* goes to the training of teachers in this method. *No one will be turned away for lack of funds.*

**Bring:** A bag lunch and your sitting cushion. Chairs will be available. Tea will be provided.

**Contact:** For information, contact Suzanne, [sluizer@yahoo.com](mailto:sluizer@yahoo.com) or 262-0720. To register, send a \$20 check made out to The Albuquerque Vipassana Sangha to AVS, c/o Sluizer, 507 Solano Drive SE, Albuquerque NM 87108

**Please do not wear fragrances or scented personal care products to accommodate participants with allergies, asthma or chemical sensitivities.**



Diana Lightmoon is a licensed psychotherapist and massage therapist as well as a Certified Rosen Method Bodywork Practitioner. She has been practicing meditation for 17 years. She is in teacher training with Jason Siff of the Skillful Meditation project and recently taught in Australia with him.