

Albuquerque Vipassana Presents a retreat with

Gina Sharpe

October 27 and 28, 2012

at the Norbertine Community 5825 Coors Blvd SW Albuquerque



Gina has been teaching the Dharma since 1995. She is a co-founder of New York Insight Meditation Center and currently serves as Guiding Teacher.

Trained as a retreat teacher in a joint program of Spirit Rock Meditation Center and Insight Meditation Society, she teaches at various venues around the U.S., including Spirit Rock, IMS, Mid America Dharma, Garrison Institute, Katonah Yoga Center and at maximum security prison for women.

"The Paramis: Ten Transformative Qualities of the Awakening Mind"

In this weekend retreat, through meditation practice, dharma exercises, we will reflect on how to live the most enlightened life possible. We will examine how we in our daily life cultivate and manifest these qualities taught by the Buddha as principles that are already within our hearts--and embody them in our life as impeccable action. Beginners and experienced practitioners are invited and welcome.

Schedule: Saturday, Oct 27 from 9 - 4:30

Sunday, Oct 28 from 9 - 2pm Lunch will be included

Registration: We request that you sign up ahead of time so we can have a count and plan accordingly; there is no fee; donations to the Sangha will be accepted at the retreat

DANA for the teacher: teachers in this tradition are not compensated financially for offering the teachings; in the spirit of **dana**, the community offers them support.

Directions to Norbertine Center are on the reverse; for information contact: Valerie Roth 5056889005 or valerie.roth2@gmail.com

Norbertine community is at 5825 Coors Blvd SW

Directions: I- 25 south to Rio Bravo Blvd Exit 220 West

Continue west on Rio Bravo, crossing the river and passing Isleta Blvd.

At the intersection of Rio Bravo and Coors (you'll see Walmart on the left) turn left and go south on Coors.

Continue south about 2.7 miles, past Pajarito Rd (traffic light). – about 500 yards: the road to Norbertine is on the right (there is a sign.)- turn right and continue up the hill and along the dirt road until reaching the parking lot (paved). You'll see the church on the left.

Sitting: bring floor equipment if you wish; chairs are available.