



The Santa Fe and Albuquerque Vipassana Sanghas

Offer

A Seven Day Residential Insight Meditation Retreat

November 2 through November 8, 2013

At The

Canossian Spirituality Center

Albuquerque, New Mexico

Taught By

Brian Lesage

The Retreat: Insight meditation is a simple and direct practice based on moment-to-moment awareness, a technique that opens the heart and clears the mind. This will be an opportunity to practice continuous mindfulness in silence throughout the day—in sitting and walking meditation. In the silence we are freed from much of the daily barrage of stimulus that draws our attention outward, letting us delve deeply inward. Learning to be aware of our experience from a place of stillness and equanimity allows us to see more clearly, and as insight deepens, compassion and wisdom can arise.

The retreat is designed for beginners and experienced practitioners alike and will include meditation instruction, dharma talks, teacher interviews and discussion time.

Brian Lesage: Brian has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, a naturalistic approach to healing trauma.

Accommodations: The Canossian Spirituality Center provides a serene and quiet atmosphere with gardens and walking spaces. You will have the choice of accommodations. There are single rooms with and without private baths. Double rooms are available without private baths. Costs will depend on the accommodations you choose (see below). Vegetarian meals will be provided from noon on Saturday through breakfast on Friday. Some special diet needs may be accommodated. If you have special needs, please contact the registrar listed below.

Schedule: The retreat will begin with registration starting at 9:00 Saturday morning and complete early on Friday morning.

Dana: Since the time of the Buddha, the teachings have been given freely as they are considered to be priceless. This 2500 year old tradition is today sustained with the practice of Dana, a Pali word meaning generosity, allowing yogi's to offer their teachers recompense for the teachings at the retreat's end. The teachers receive no other financial compensation.

Scholarships: A limited number of scholarships are available. The scholarships will be for one half of the price of the retreat as listed below. Contact the registrar for application forms.

Registration Information

Fee: The fee for the retreat is on a sliding scale and depends on the accommodations desired. The estimated cost to this Sangha for the retreat is \$550 - \$640, but because of the generosity of a member of our Sangha we will be able to offer the retreat at a reduced cost. Please pay as much as you can so that we can offer this retreat to all regardless of their financial situations. Also, please consider making a donation to our the Scholarship Fund. A deposit of \$125 is required with your registration and may not be refunded after October 1, 2013. The sliding scale fees are as follows: We will try to accommodate any special dietary or other needs. Please specify and special needs below.

Sharing a double room	\$360 - \$410
Single room w/o private bath	\$410 - \$530
Single room with bath	\$530 - \$650

Registration Form

Please complete this form and mail to Victoria Tietje at 3136 Glenwood Dr. NW, Albuquerque, NM 87107. For more information please contact Victoria at 505-247-0666 or at opensky0000@yahoo.com. You will receive confirmation and additional information after you register.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E Mail: _____

Accommodation Preference (single with bath, single w/o private bath, double.): _____

Retreat Fee (\$360 - \$650) \$ _____

Scholarship Donation \$ _____ (This is optional. These donations are tax deductible)

Total to be Paid \$ _____

Amount Enclosed \$ _____

(Must be at least the \$125 deposit. **Please make checks payable to the Albuquerque Vipassana Sangha**)

Special needs or food allergies:
