

*The Durango Dharma Center Presents*

*Awakening the Heart:  
An Insight Meditation Retreat  
with Erin Treat & Jaya Rudegard  
April 11-16, 2014*

**LOCATION & TIME**

- Kelly Place Bed & Breakfast near Cortez, CO
- [www.kellyplace.com](http://www.kellyplace.com)
- The retreat begins with registration between 4-6 pm on Friday and concludes Wednesday at lunchtime

**REGISTRATION FEES**

- \$450-\$700 sliding scale includes 5 nights lodging & vegetarian meals; camping is available for \$50 less (\$400-\$650);
- \$50 discount if registration & deposit are received by March 11, 2014;
- A **nonrefundable** \$150 deposit is required payable to Durango Dharma Center
- Some scholarships are available upon request;
- Register online or with the registration form.

***There will be an opportunity to practice Dana (generosity) for the teachers at the end of this retreat.***

More information, online registration and full teacher bios are available at [www.durangodharmacenter.org](http://www.durangodharmacenter.org)

*Erin Treat lives in Durango, CO and serves on the Dharma Leader Council and Board of Directors of the DDC. Erin is a Co-Guiding Teacher at Vallecitos Mountain Ranch and leads meditation retreats in the southwest and nationwide. She is currently being trained by Jack Kornfield and Joseph Goldstein to teach intensive retreats at Spirit Rock and IMS.*

*Jaya Rudegard grew up in the UK but was first drawn to the dharma on visits with family in Hong Kong and China. In the mid-1980s, she began practicing with the Forest Sangha under the leadership of Ajahn Sumedho. She is delighted to be part of the Spirit Rock/IMS teacher training and enjoys sharing her love of dharma with colleagues and students on both sides of the Atlantic.*



*Join us to practice the timeless teachings of the Buddha as a pathway to discover peace, freedom, and the compassionate heart. As we deepen our capacity to pay wise and kind attention to our embodied experience, we will come to know what it means to awaken in the midst of our life, to be deeply connected to our experience yet not bound by it.*

*This silent retreat will focus upon cultivating presence and awareness that embraces the moments of our lives with acceptance and wisdom. Insight meditation practice will be supported by daily meditation instruction and Qi Gong practice, lovingkindness meditation, and meetings with the teachers.*

*All are welcome.*



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Register online or use the following form.

Name: \_\_\_\_\_ Age \_\_\_\_\_ Female/Male

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please select your choice: I would like to reserve a bed \_\_\_\_\_ OR I will be camping \_\_\_\_\_

Please mail registration form and a nonrefundable \$150 deposit, payable to Durango Dharma Center, to Terry Leonard, 1414 Ridge Rd., Durango, CO 81303

For questions, please contact Cindy Dunbar at: 970.764.8070 or [d2@ekiva.net](mailto:d2@ekiva.net)

How did you hear about us? \_\_\_\_\_

Would you like us to add you to our DDC mailing list? Yes \_\_\_\_\_ No \_\_\_\_\_