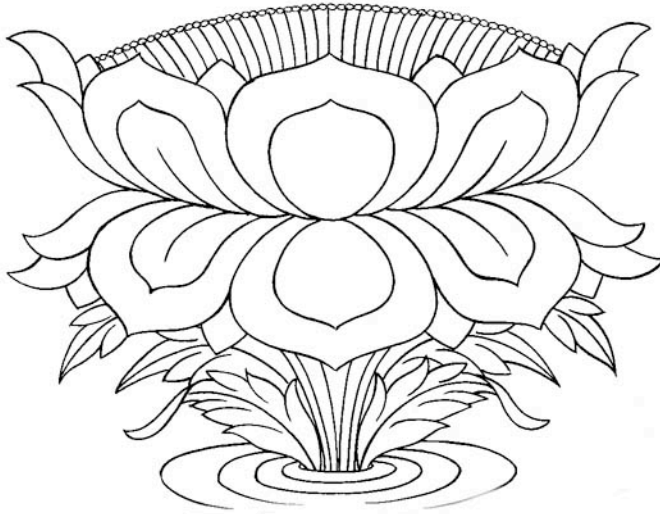


**Albuquerque Vipassana Sangha presents a residential retreat:
*Befriending Ourselves and Coming Alive: A Retreat Cultivating
Mindfulness, Joy & Love***

With Arinna Weisman

March 27 – April 2, 2010 at the Madonna Retreat and Conference Center
4040 St. Joseph's Place NW Albuquerque, New Mexico



We often forget to turn towards the beautiful qualities that live inside of us such as our generosity, compassion, and empathy. When we combine the cultivation of mindfulness with this acknowledgement we find a new intimacy with ourselves that is built with joy and love. There will be guided meditations in mindfulness, empathetic joy and loving kindness with dharma talks, group sharing and personal interviews. This retreat is open to beginners and mature students.

Arinna Weisman has studied insight meditation since 1979 and has been teaching since 1989. Her root teacher is Ruth Denison who was empowered by the great teacher U Bha Khin. She has also studied with Thich Nhat Hanh in the Zen tradition, Punjaji in the Advaita tradition and Tsokney Rinpoche in the Dzogchen tradition. She is the founding teacher of Dhamma Dena Meditation Center (now Insight Meditation Center of the Pioneer Valley/Dhamma Dena). She is co-author of the book, *A Beginner's Guide to Insight Meditation*. She teaches throughout the U.S. and Europe.

FOR INFORMATION, CONTACT THE REGISTRAR:

Sarah Schwartz, schwartzse@comcast.net. Phone: (505)842-0652

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

Room: You may register for either room. The cost will be the same:

*Single room with hall bath **or** double room with private bath.

It is the intention of the Albuquerque Vipassana Sangha that no one refrains from taking part in any retreat we sponsor due to financial considerations. We have implemented a sliding scale fee structure; ***the actual cost of the retreat*** is given below. *You may choose any fee amount that works for you, from the low to the benefactor level. For anyone who needs financial assistance beyond the scale, please contact Valerie Roth at 345-3312.*

Sliding scale fee: Please note that any amount above \$530 will be gratefully received and treated as a tax-deductible donation.

Low: \$424

Actual cost: \$530

Benefactor: \$636

Sliding scale fee covers room and vegetarian meals. Rooms will be assigned in the order deposits are received. If your room choice is unavailable, you will be notified and offered another option.

Important Dana Note: In keeping with our tradition that dharma teachings are priceless and freely given, compensation for the teachers is not included in the retreat fees. The teachers offer their wisdom and guidance without charge. At the end of the retreat, participants have the opportunity to return this generosity by offering dana to the teacher. When planning for the retreat and considering your gift, please reflect on the value of the teaching in your life and remember that our teachers rely exclusively on dana for their livelihoods.

REGISTRATION FORM

Arinna Weisman retreat – Albuquerque, March 27 – April 2, 2010

Name: _____ email: _____

Address: _____ ZIP _____

Phone(s) _____

*Room Pref 1st choice _____ 2nd choice _____ Roommate pref (dbl) _____

Special food needs _____

Other special needs _____

Fill out registration form and, along with a \$100 deposit, (made out to "AVS"), mail prior to February 27, 2010 to: **Sarah Schwartz 2523 Carson Rd. NW Albuquerque, NM 87104**

The deposit is non-refundable after February 27, 2010; remainder of fee is due by March 12, 2010. Due to the cost of reserving retreat space, after that date you will be responsible for the full fee if you cancel.