

“INSIGHT AND THE ART OF EQUANIMITY “

Silent Vipassana Retreat

Led by

Kamala and Steve Armstrong

Tuesday, April 14, 2009 - Sunday, April 19, 2009

Madonna Retreat Center
4040 St. Joseph Place NW
Albuquerque, NM 87120

Registration and check-in: 5:00-6:30 PM, April 14th
Retreat begins 7:00 PM, April 14th and ends with lunch April 19th

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**In insight meditation**, we practice moment-to-moment observation of our experiences through an open, precise and accepting awareness. In the practice of equanimity, we develop a non-reactive and engaged mind. Together, these two practices provide a stable foundation for investigating attitudes that condition understanding. Momentum in insight practice and the art of equanimity foster clarity and confidence from which we can live with wisdom and compassion. This course is suitable for beginners and experienced meditators; a warm welcome is extended to all.

### **KAMALA AND STEVE ARMSTRONG**

Steve has been studying and practicing the Buddha's teachings since 1975. He co-founded the [Vipassana Metta Foundation](#)'s dhamma sanctuary-hermitage on Maui and encourages development of all good human qualities. He offers a variety of Buddhist mindfulness practices designed to strengthen an unshakeable sense of well-being.

Kamala began practicing in 1975. Trained by Anagarika Munindra and Sayadaw U Pandita, she offers the dharma in the US and abroad. She is a co-founder and guiding teacher of the [Vipassana Metta Foundation](#) and is currently developing Ho'omalalama, a dhamma sanctuary-hermitage on Maui.

***For information, contact the registrar:***

Debra Serrino at (505) 792-1101 or by e-mail at: [aprilretreat@gmail.com](mailto:aprilretreat@gmail.com)

Information and forms are also available at [www.abqsangha.org](http://www.abqsangha.org)  
(over)

**Room:**

You may register for either room. Cost is the same.

- **single room with shared bath**
- **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 are thus implementing a sliding scale fee to replace the scholarship program. Should you have any questions, please contact Debra Serrino at 505-792-1101 or aprilretreat@gmail.com.

**Sliding Scale Fee:**

**Please note that any amount above \$400 will be gratefully received and treated as a tax-deductible donation.**

**Low:                   \$320**  
**Actual cost:       \$400**  
**Benefactor:        \$480**

Sliding 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. Fifty (50) is the maximum number of retreatants for this retreat. Because we expect to meet this number, commuter registrations will not be available. Please be mindful that you will not be able to participate in this retreat unless you register. *The teachers are requesting that participants commit to arriving at the beginning of the retreat and staying until the end.*

**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 making a *dana* donation to support our teachers in their ongoing work of serving the dharma. When planning for the retreat and considering your gift, please reflect on the value of the teachings in your life and remember that our teachers rely exclusively on *dana* for their livelihoods.

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**Registration Form**

**Kamala and Steve Armstrong Vipassana Retreat - Albuquerque, April 14-19, 2009**

Name: \_\_\_\_\_ Email (print clearly): \_\_\_\_\_

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

Phone(s): \_\_\_\_\_

Room Pref. 1<sup>st</sup> choice: \_\_\_\_\_ 2<sup>nd</sup> choice: \_\_\_\_\_ Roommate pref. (dbl) \_\_\_\_\_

Special food needs: \_\_\_\_\_

Other special needs: \_\_\_\_\_

**Fill out registration form and, along with a \$100 deposit, mail prior to March 12, 2009** to: Debra Serrino at 7204 Painted Pony Trail NW, Albuquerque, NM 87120. Make checks payable to "Albuquerque Vipassana Sangha" and earmark for the retreat.

**The deposit is non-refundable after March 12, 2009. Remainder of fee is due by March 27, 2009.** Due to the cost of reserving retreat space, after that date you will be responsible for the full fee if you cancel.