

3-day Non-residential Insight Meditation Retreat

sponsored by the Albuquerque Vipassana Sangha

with

Ajahn Thanasanti
*offering teachings
on the Brahma-viharas*

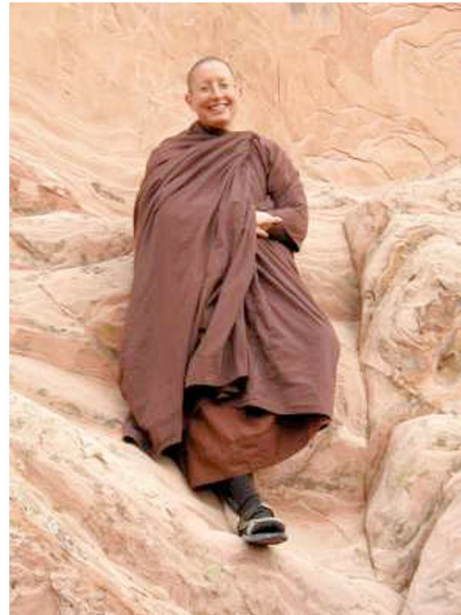
at

Norbertine Community Center
Albuquerque, NM

Thursday Dec 31: 9am - 4pm

Friday Jan 1: 9am - 4pm

Saturday Jan 2: 9am - 3pm



Ajahn Thanasanti was born in California. She has 30 years of experience with Insight Meditation in the Theravada Buddhist Tradition. She joined Amaravati Buddhist Monastery in 1989 and received ordination in 1991. In 1987 she went on a pilgrimage to India, Nepal and Thailand to meet many meditation masters. As part of her monastic life, she has spent extensive time in retreat in the remote bush of Australia.

For the last several years Ajahn Thanasanti has been involved in the leadership team and guidance of the nuns' community at Chithurst. Since 1996 her community and monastic responsibilities have been interspersed with teaching intensive meditation retreats in the US, UK, Switzerland and Australia.

In order to pursue her vision of how monastic and lay practitioners can work together in the modern world to create viable communities for practice in the U.S., she has taken the significant step of letting go of formal affiliations of Amaravati.

She currently lives on faith according to the ancient principle of alms mendicancy and is based in Colorado Springs. Her interests are in awakening compassion and wisdom to integrate insight into the whole human condition. She uses essential Buddhist and non-dual teachings, devotional practices and respect for nature as skillful means.

for more information...

on the retreat: contact Tam Saimons t:505 242 6067

e: tamarasa@swcp.com

or visit www.abqsangha.org

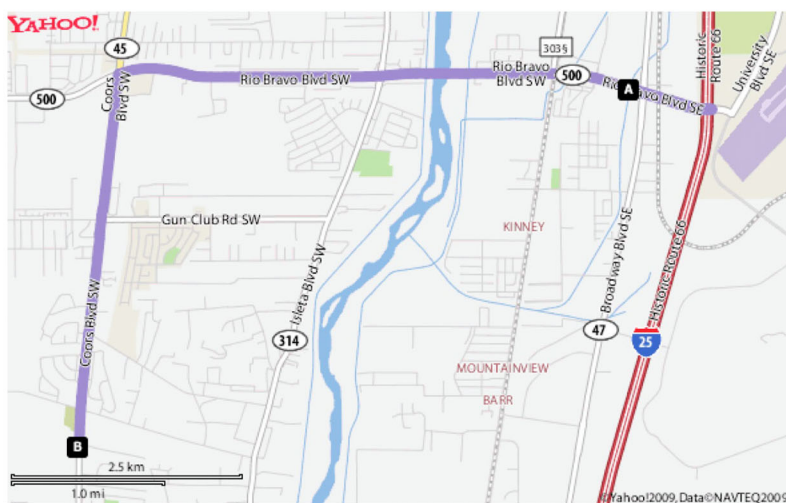
on Ajahn Thanasanti: visit www.awakeningtruth.org

see reverse →
*for retreat details
and driving directions*

3-day Non-residential Retreat with Ajahn Thanasanti

December 31, 2009 - January 2, 2010
sponsored by the Albuquerque Vipassana Sangha

Location: Norbertine Community Center
5825 Coors Boulevard Southwest
Albuquerque, NM 87121



Driving Directions:

From I-25, take Rio Bravo exit and head west. Continue on Rio Bravo Blvd. to Coors Blvd. Turn left (south) on Coors Blvd. Continue on Coors Boulevard past Gun Club Road. Soon after passing Pajarito Road, turn right (west) at small white sign for Norbertine Center. Follow the dirt road a short distance to the Norbertine Center

Allow 25 minutes to drive to the Norbertine Center from downtown Albuquerque,

Bring: A *lunch* and *cushions* (the floors are not carpeted). Chairs are available.

Fee: Teachings and Retreat are offered on a *dana* basis. Offerings are gratefully accepted by Ajahn Thanasanti and by the Albuquerque Vipassana Sangha.

Partial participation: Since the theme of this retreat is the Brahmavihara practice, it is best to attend all three days for the sake of continuity. For your best benefit from this retreat, if you are able to attend only one day, please attend Day 1, if possible. If you can attend only 2 days, please attend Days 1 and 2, if possible.