

Santa Fe Vipassana  
Sangha presents

**ERIC  
KOLVIG &  
LILA KATE  
WHEELER**

January 9-18

**Winter 2009  
Vipassana  
Retreat**

**THE HEALING  
POWER OF  
AWARENESS**  
Relaxing Patterns  
of Body, Emotions  
& Thought

at the Sangre  
de Cristo Center

The Santa Fe Vipassana  
Sangha supports diversity in  
our community and at our  
retreats. All people are wel-  
come. We will attempt to  
accommodate any physical  
limitations.

[www.santafevipassana.org](http://www.santafevipassana.org)

Our Teachers

**ERIC KOLVIG & LILA KATE WHEELER**

**Eric Kolvig** has been teaching Vipassana since 1985. He served as the resident teacher of Vipassana communities in Santa Fe and Albuquerque and leads meditation retreats around the U.S. Eric studied and practiced for years with prominent teachers at the Insight Meditation Society in Barre, MA, and he has also trained in the Zen tradition. He earned a Ph.D. from Yale University and has edited a number of books in the Theravada Buddhist tradition. Holding an inclusive understanding of liberation, Eric also works for wholesome change in our community through compassionate action, and lives in Embudo, NM.



**Lila Kate Wheeler** learned Vipassana meditation from Sharon Salzberg and Joseph Goldstein in 1977 and has been leading shorter retreats around the United States for nearly 20 years. She has practiced with Western and Asian teachers from a variety of traditions in the US, Burma, India, Thailand and Europe. Lila Kate is also a writer of fiction and journalism. Her most recent publication is *Nixon Under the Bodhi Tree and Other Works of Buddhist Fiction*, an anthology of other writers' stories published in spring 2004 by Wisdom Publications.



*We ask that you please refrain from wearing fragrances or scented personal care products at the retreat for the sake of those with allergies and chemical sensitivities.*

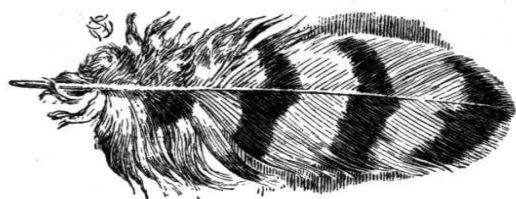
## ***The Healing Power of Awareness***

### **Relaxing Patterns of Body, Emotions & Thought**

When we embrace all parts of our experience with the healing powers of awareness, painful patterns of tension in mind and body begin to dissolve. Gently, we learn how to disempower judgement and reactivity within ourselves. Clarity and compassion begin to shine through instead, helping to awaken those qualities in others.

This silent retreat will include mindfulness practice and guided meditations for loving kindness. There will be sitting and walking meditations, interviews with the teachers, periods for questions and answers and evening dharma talks.

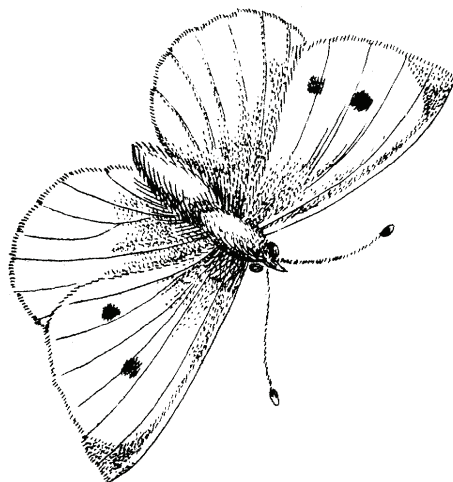
The retreat is suitable for both beginning & experienced students.



## ***The Schedule***

The retreat runs from Friday evening through Sunday noon, January 9-18.

Registration is in the late afternoon on Friday, January 9. Meals begin with dinner January 9 and end with breakfast on January 18.



## ***The Facility***

The Sangre de Cristo Center is located 12 miles northeast of Santa Fe. It is a facility of the De La Salle Christian Brothers, nestled in the foothills of the Sangre de Cristo Mountains.

The residential space at the Sangre de Cristo Center provides private rooms with shared bathrooms. Meals are simple and vegetarian.

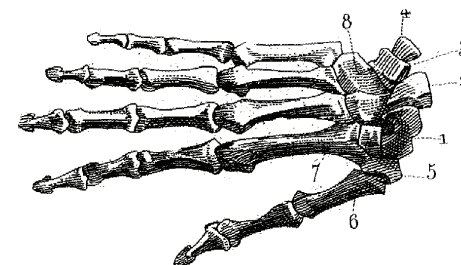
## ***Dāna***

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

## ***Fees***

For this retreat, the fee range is \$455-\$675. The actual cost to the Sangha is \$565. The sliding scale fee includes a private room and all meals. Please choose a fee according to your means.

**A \$125 deposit reserves a room. Please make checks to SFVS.** The deposit is non-refundable after Dec. 1. Limited partial scholarships are available, as well as deferred payment plans.



## Registration Form

Please make checks to SFVS.  
Complete this form and mail it  
with the full \$125 deposit to:  
**Helaine Foster-SF Vipassana Sangha**  
**2322 Anna Jean Ct, Santa Fe, NM 87505.**  
**For questions, call 505-820-7422**  
**or email hefoster@msn.com.**  
You will receive written confirmation and  
further information by mail.

### **SFVS January 2009** **Eric Kolvig & Lila Kate Wheeler**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone/Cell \_\_\_\_\_

E-mail \_\_\_\_\_

**Fee** (please write an exact amount)

\$ \_\_\_\_\_ Sliding Scale \$455-\$675.

**Check Enclosed**

**Deposit of \$125** \_\_\_\_\_

+ Fee (optional, full or partial) \_\_\_\_\_

+ Donation to Scholarship Fund\* \_\_\_\_\_

**Total amount enclosed** \_\_\_\_\_

\*Donations to the scholarship fund are tax -deductible and  
support those who otherwise would be unable to attend.

**Special Needs** (e.g., disabilities, hearing  
loss or serious food allergies)

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\_\_\_\_\_

For food allergies, please tell us what can be  
substituted.

