

The Santa Fe Vipassana Sangha presents

Mindful Breathing: Karma and the End of Karma  
a 10-day residential retreat with  
SANTIKARO

Friday evening, June 11 – Sunday noon, June 20, 2010

Sangre de Cristo Center, near Santa Fe, New Mexico

In this retreat we'll take an in-depth look at two of the Buddha's most important teachings: mindfulness with breathing (*ānāpānasati*) and karma. *Ānāpānasati* is the Buddha's own systematic approach to cultivating mindfulness, inner stability-collectedness, and insight. We will explore this practice in detail. Further, *ānāpānasati* is an expression of what the Buddha called "the karma that ends karma." We will reflect on the Buddha's karma teachings and the path that liberates us from the traps of karma (egoistic action). Emptiness (*suññatā*) and dependent co-arising will be part of the conversation. This retreat is recommended for practitioners interested in a comprehensive practice based on the original teachings.

**This retreat is suitable for both beginning and experienced students.**

Ordained as a Theravada monk in Thailand in 1985, Santikaro became the primary English translator for Ajahn Buddhadasa, a leading Thai teacher, scholar, and reformer. Santikaro was also abbot of a nearby hermitage for foreigners. He returned to the USA in 2001, and retired from formal monastic life in 2004. Inspired by the suttas of early Buddhism and guided by the profound influence of Ajahn Buddhadasa, Santikaro seeks to translate the heart of the Buddha's liberating message into a life free of suffering in the midst of the challenges of modern life. He lives with his wife Jo Marie at Liberation Park in southwest Wisconsin.

## THE SCHEDULE

The daily schedule will be held in Noble Silence and will include instruction, sitting and walking meditation, posture work, individual meetings with the teacher, evening *dharma* talks, and qigong. The schedule will be somewhat flexible to accommodate individual needs.

**Registration is between 3PM and 5PM on Friday, June 11. Meals begin with dinner June 11 and end with breakfast on June 20.**

## DANA OR GENEROSITY

*Dāna*, is a *Pāli* word meaning generosity, giving, or gift. It is central to the 2600-year-old tradition of Buddhism. Since the time of the Buddha, the teachings have been offered freely because they are considered priceless. The retreat fee covers only basic expenses and operating costs. There will be an opportunity for yogis to offer the teacher recompense for the teachings at the retreat's end. The teacher receives no other financial compensation.

## THE FACILITY

The Sangre de Cristo Center, located 12 miles northeast of Santa Fe, New Mexico is owned and operated by the De La Salle Christian Brothers. Nestled in the foothills of the Sangre de Cristo Mountains on 700 acres, it is secluded and quiet. Rooms are single occupancy with shared bathrooms. Camping is primitive and within a 5-10 minute walk of the meditation hall/dining room. Meals are simple and vegetarian.

## FEES

The fee includes a private room or campsite and all meals. Because of a generous donation from a Sangha member, we have been able to reduce our fees below the actual cost. In addition, we offer a sliding scale from which you may choose a fee according to your means. For a private room the fee scale is \$460 - \$690. The (actual cost to our sangha is \$750). For camping the scale is \$295 - \$445. The (actual cost to our sangha is \$544).

A \$125 deposit reserves a place in the retreat. **The deposit is non-refundable after May 1.** Deferred payment plans are available, as well as partial scholarships.

For questions or further information, call Linda at 505-466-8033 or email [lindaagrace@gmail.com](mailto:lindaagrace@gmail.com)

*We ask that you please refrain from fragrances & scented personal product sat the retreat for the sake of those with allergies and chemical sensitivities.*

*The Santa Fe Vipassana Sangha supports diversity in our community and retreats. All people are welcome. We will attempt to accommodate physical limitations.*

Please complete the following form & mail with your check to:

**SFVS**  
**c/o Linda Grace,**  
**5 Abanico Rd.**  
**Santa Fe, NM 87508**

You will receive e-mail confirmation and further information. We cannot reserve your place in the retreat until your check is received.

PLEASE PRINT CLEARLY

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (home) \_\_\_\_\_

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

*Fee (please write an exact amount)*

\$ \_\_\_\_\_ Room Sliding Scale \$460-\$690.

\$ \_\_\_\_\_ Camping Sliding Scale \$295-\$445.

Deposit (\$125) \_\_\_\_\_

+ Fee (optional) \_\_\_\_\_

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

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

**Special Needs** (disabilities or food allergies)

\_\_\_\_\_  
\_\_\_\_\_

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

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