

The Santa Fe Vipassana Sangha Presents

Going to the Woods:
Meditate and Hike in
New Mexico's High Country



Vallecitos is an inspirational retreat setting.

Vallecitos Mountain Ranch
Carson National Forest

September 9-13, 2009

With Grove Burnett and Mary Powell

*"I went to the woods because I wished to live deliberately,
to front only the essential facts of life."*

--Henry David Thoreau

**Fall in the mountains of northern New Mexico is spectacular.
Learn mindfulness meditation in the morning and hike in the mountain wilderness in the
afternoon.**

The Retreat. The retreat will offer a practical training in mindfulness meditation. Mindfulness is the simple art of being aware. It is the basis for insight, wisdom, and seeing things clearly. It is a radical training, extraordinary in its simplicity, its lack of dogma and, above all, its results.

The morning schedule: Training in Mindfulness meditation. Our mornings will provide an introduction to the practice of mindfulness meditation, with alternating periods of sitting and walking meditation, daily interviews with the teacher, and a short discourse from the teachings of the Buddha.

The afternoon schedule: Hiking the La Manga wilderness. Our afternoons will be spent going to the woods. We will take guided, mindful hikes-- suitable for all levels of walking--into the magical La Manga wilderness, the largest old growth forest in the Carson National Forest and one of the most beautiful alpine regions of the Rocky Mountains.

The retreat is suitable for beginners and seasoned practitioners.

Registration & Cost. The cost of this retreat, which includes meals and accommodation, is on a sliding scale: \$250 - \$375. A 50% deposit is required to reserve your place. Visit www.vallecitos.org to register online or contact Leigh Lauck at refuge@vallecitos.org/ (575) 751-9613 to reserve your space.

The Tradition of Dana. The teachings of the Buddha have been sustained by the 2,500-year-old tradition of Dana—meaning “generosity”—where retreatants give donations to the teachers at the end of the retreat. The teachers receive no other financial compensation.

Grove T. Burnett is co-founder and guiding teacher of the Vallecitos Mountain Refuge. He has practiced and trained in the Buddhist traditions for over 25 years, including training with Joseph Goldstein, Jack Kornfield and Thich Nhat Hanh. He completed an intensive 4-year teacher-mentoring program with internationally renowned meditation teacher Jack Kornfield at the Spirit Rock Meditation Center and is authorized to teach in the Buddhist tradition. Grove teaches at Vallecitos, the Insight Meditation Society and the Spirit Rock Meditation Center. He has taught mindfulness trainings for the Yale Law School, lawyers and judges, businesses and corporations, and many nonprofit organizations.

Grove has had a distinguished career as an environmental lawyer and is co-founder of the Western Environmental Law Center, a nonprofit environmental law firm with five offices in the western U.S. He has been named six times to The Best Lawyers in America, which lists the top 1% of the nation’s lawyers, and has received national recognition and many awards for his path breaking work in environmental law. Grove is now doing consulting work, nationally and internationally, focusing on global warming and the climate crisis.

About Vallecitos. The Vallecitos Mountain Refuge is a magical 135-acre wildlife refuge and mountain sanctuary located eleven miles from paved road, surrounded by thousands of acres of ancient forest, lush alpine meadows, abundant wildlife, mountain lakes and the Vallecitos River running through it. Rustic but very comfortable accommodations are in our casitas (solar cabins), yurts and cabin tents. Meals are organic, gourmet vegetarian. *We now have a set of flush toilets for men and women and solar lights in the casitas and main lodge.* Visit Vallecitos online at www.vallecitos.org.

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