

The Santa Fe Vipassana Sangha Presents
A Concentration and Insight Retreat
January 8-17, 2010
Taught By Marcia Rose

The Teacher

Marcia Rose is the founding and guiding teacher of The Mountain Hermitage and founding teacher of Taos Mountain Sangha. She has been studying and practicing Buddhist teachings and meditation with Asian and Western teachers since 1970, primarily in the Theravada-Vipassana (Path of the Elders) tradition. Her own teaching reflects a clear influence from the Burmese Mahasi Vipassana and the Pa-Auk Forest Monastery lineages. She has also studied and practiced in the Dzogchen Tibetan Buddhist tradition with Tulku Ugyen Rinpoche, Nyoshul Khen Rinpoche and Tsoknyi Rinpoche. Marcia was resident teacher for staff at the Insight Meditation Society (IMS) in Barre, MA from 1991—1995. She has been one of the teachers for the annual three-month retreat at IMS, and is currently a visiting teacher at the Forest Refuge in Barre, MA. Marcia also teaches Vipassana and Metta retreats in other U.S. and international venues and is dedicated to offering these ancient and timeless teachings in ways that make them accessible and authentic for contemporary culture.

The Retreat

We will begin this 9 day retreat for experienced Dhamma students with the teachings and practice of Samatha/Concentration as it is taught by Venerable Pa Auk Sayadaw of Burma. After some days of developing and deepening concentration we will move into the teachings and practice of Vipassana/Insight...seeing and knowing things as they truly are through the development of a clear and precise mindful attention to body-mind phenomena. The retreat will include sitting and walking meditation with instructions, evening Dhamma talks and small group and individual practice interviews with the teacher.

***This retreat is for experienced Dhamma students
who have sat at least two seven or more days retreats.***

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

WWW.SANTAFEVIPASSANA.ORG

Sangre De Cristo Center

The Sangre de Cristo Center located 12 miles northeast of Santa Fe is a facility of the De La Salle Christian Brothers nestled in the foothills of the Sangre de Cristo Mountains. The 700 acre center is secluded, quiet, and lends itself to the practice of silent meditation. The residential space at the Sangre de Cristo Center is private rooms with shared bathrooms. Meals will be simple and vegetarian.

Dana

Dana an ancient Pali word meaning generosity, giving or gift is central to the 2600 year old tradition of Buddhism. The teachings of the Buddha have been offered freely since the time of the Buddha. There is no way to put a price on the teachings of the truth as they are valuable beyond any fee one could set

The retreat fee covers only basic expenses and operating costs. The teacher offers the Buddha dhamma without any set fee or payment and is totally dependent on Dana - on the generosity of their students and benefactors - for the support of her daily life needs. There will be an opportunity for Yogi's to generously offer their teachers recompense for their teachings at the retreat's end.

Fee

The fee includes a single room and all meals. To accommodate more people our Sangha sets a fee range from which you may choose a fee according to your means. Because of a generous donation from a Sangha member we are able to further reduce our fees below actual cost. For this retreat the fee range is \$600—\$800. The actual cost to the Sangha is estimated to be \$752. A \$125 deposit reserves your place in the retreat. The deposit is non-refundable after December 1. There are a limited number of partial scholarships and deferred payment plans available. Information on scholarships and deferred payment plans contact Sarah Grant at the addresses shown on the Registration Form.

There will be no provisions for part time or non-residential attendees

Application Form

Please complete this form and mail it with your \$125 deposit to Santa Fe Vipassana Sangha, c/o Sarah Grant, 836 Pablina St., Santa Fe, NM 87505. For more information, contact Sarah at sarahg@farmersmarketsnm.org or by phone 505-992-1963. You will receive confirmation and further information by mail.

Name _____ Address _____
City _____ State _____ Zip _____
Phone (home) _____ E-mail _____

Total Retreat Fee you will pay \$ _____
*Donation to Scholarship Fund \$ _____
Deposit Amount (minimum \$125) \$ _____
Total amount enclosed \$ _____ (Must be at least \$125.)

Special Needs (e.g., disabilities or serious food allergies) _____

If you have food allergies, please tell us what we may substitute for you.

Please list at least two retreats that you have attended that were longer than 7 days.

| <u>Retreat Description</u> | <u>Dates</u> | <u>Teacher</u> |
|----------------------------|--------------|----------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

**Donations to the scholarship fund are tax deductible and will help others to attend retreats.*