

A Seven-Day Meditation Retreat
Wisdom & Insight through the Support of Samadhi
with Brian Lesage

*Offered by the Santa Fe Vipassana Sangha and
the Albuquerque Insight Meditation Center*



September 10 - 17, 2021

Our Lady of Guadalupe Abbey in Pecos, NM

Join us to practice the timeless teachings of the Buddha as a pathway to discover inner peace, freedom, and the compassionate heart. This retreat is designed to support the practice of insight meditation intertwined with practices to stabilize the attention. We will be cultivating *Samadhi* (collectedness of the mind through well-being) and *Vipassana* (insight which embodies the essence and wisdom of the teachings of the Buddha), which have been the foundation of Buddhist teachings for 2,600 years. This silent retreat will focus on cultivating embodied presence and mindful awareness that embraces the human experience with acceptance and wisdom.

In addition to group practice discussions with the teacher, there will be evening talks on Buddhist practice. To cultivate the meditation process, this retreat will be held in complete silence, except during group discussions. This retreat is suitable for seasoned practitioners as well as those new to meditation.



Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada, and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes extended retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma. For more information, go to www.liberatingawareness.com.

Our Lady of Guadalupe Abbey is about 30 miles east of Santa Fe. It is on the Pecos River and surrounded by juniper forest native to the area. The Center is isolated and large enough to provide for seclusion and the quietness needed to support the practice.

The Retreat will begin at 4:00 pm on Friday, September 10 and complete around noon on Friday, September 17, 2021.

Additional Information

Accommodations: Accommodations are simple rooms with private bathrooms. Double occupancy is possible but does not reduce the retreat cost. Vegetarian meals will be provided from dinner on Friday evening through breakfast on Friday morning. A full meal will be served at lunch, with light breakfast and evening meals. We can accommodate some special dietary needs, but not all. Please check with the contact person below if you have special needs of any sort.

Dana: Since the time of the Buddha, the teachings have been given freely, as they are considered to be priceless. This 2,600- year-old tradition is today sustained with the practice of *dana*, which allows yogis to offer support to their teachers, **who receive no other financial compensation**. There will be an opportunity to offer *dana* at the end of the retreat, so please have either check or cash available for your offering (Brian also has a venmo account).

Please bring your preferred sitting equipment: zabuton, zafu, bench, and/or backjack. Chairs are available.

Fee: The fee for the retreat is a sliding scale of \$550 to \$750. The estimated cost to our sangha for the retreat is \$590. Please pay as much as you can so that we can offer this retreat to all **regardless of their financial situation**. Payment plans and scholarships are available so that anyone interested will be able to attend. If you need scholarship or deferred payment information, please send your queries to Sarah Grant, sarahg@farmersmarketsnm.org

Please bring your preferred sitting equipment: zabuton, zafu, bench, and/or backjack. Chairs will be available.

Covid 19 Protocol: We will be consulting the guidance offered by the NM Department of Health, the CDC and an infectious disease physician familiar with silent retreats of this sort. The staff at the Monastery is vaccinated. They require that all retreatants be vaccinated as well.

The sitting hall and dining areas are spacious, airy and well-ventilated allowing for adequate social distancing for all retreatants.

To be accepted into this retreat, please fill out the registration questionnaire using the link below. Within 72 hours you will receive an email acknowledging the acceptance of your questionnaire. This email will include payment instructions. Once you have paid the non-refundable deposit of \$100 and received confirmation, you are registered. Questions? Please email Sarah Grant sarahg@farmersmarketsnm. Please allow up to 72 hours for a response. Thank-you.

[CLICK HERE TO REGISTER](#)
