

***Collectedness of the Heart in a Field of Well-Being***  
**A Seven-Day Meditation Retreat for Experienced Practitioners**  
**with Brian Lesage & Diana Clark**

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



**September 6 - 13, 2023**

**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. We will be cultivating the beautiful quality of *Samadhi* (collectedness of the heart through well-being) as we gather to practice together.

This retreat is for practitioners who have done at least two week-long residential retreats in the Insight Meditation tradition. The retreat will be held in silence and will include practice discussions, daily instructions, and Dharma talks.

**Our Lady of Guadalupe Abbey** is about 30 miles east of Santa Fe. It is on the Pecos River 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 Wednesday, September 6, and complete around noon on Wednesday, September 13, 2022.

**Accommodations:** Accommodations are simple rooms with private bathrooms. Vegetarian meals will be provided from dinner on Wednesday evening through breakfast on Wednesday 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.

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

**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.

**Fee:** The fee for the retreat is a sliding scale of \$725 to \$950. The estimated cost to our sangha for the retreat is \$790. 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, sarahcrawfordgrant@gmail.com

**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.

**Registration:** To register for this retreat, please fill out the questionnaire using the link below. Within 7 business days, you will receive an email acknowledging the acceptance of your questionnaire. A lottery for the retreat will take place on **June 25th**. If you are picked in the lottery for the retreat, you will need to pay a non-refundable deposit of \$100 to secure your place in the retreat within two weeks of the lottery.

**Questions?** Please email Sarah Grant: sarahcrawfordgrant@gmail.com. Please allow up to 7 business days for a response. Thank you.

### [Register Here](#)

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 <https://liberatingawareness.com/>

Being inspired by the Buddha's teachings on peace and freedom and supported by her own discoveries along the Buddhist path of practice, Diana Clark, PhD, teaches with an emphasis on both the beautiful and the practical. She has trained exclusively in the Theravada tradition, including cumulative years of silent meditation retreats. In addition, she studies and teaches about the earliest Buddhist teachings found in the Pali Canon. Diana also has a PhD in biochemistry. Just as studying biochemistry helped her understand the workings of the human body, practicing Buddhism has helped her understand the workings of the human mind and heart.