

# Spirit Rock

News and Schedule of Events

Summer 2016 • [spiritrock.org](http://spiritrock.org)

# Hearts Breaking Open: Mudita & Karuna

## *A Message from Michelle Latvala, Executive Director*



*Executive Director, Michelle Latvala*

Spirit Rock is in the midst of an incredibly transformative year.

Externally we are happily increasing our dharma offerings as we open our new Community Meditation Center this summer.

Internally we are rigorously working on changing the conditions, structures and processes that have limited teachers and practitioners from Communities of Color from thriving at Spirit Rock.

The *mudita* (sympathetic joy) of the external transformation of the new center lives side by side with the *karuna* (compassion) of our internal transformation around race and equity issues. Both are ultimately about access to the Dharma — Spirit Rock's core mission — and deserve central focus in all of our efforts and conversations with you.

- *Mudita*: Many of you have been following our progress with the lower campus build-out — envisioned nearly three decades ago, fundraising starting almost ten years ago, and construction actively underway these last two years. Our teacher village, resident staff housing and administration building opened last fall. Thanks to all of your support! We are already seeing the benefits of having more dorm rooms available for retreatants, as our retreat teachers now reside in our teacher village, as well as the benefits of the increased integration of staff on the lower campus.

We eagerly find ourselves in the final homestretch of completing and opening our new Community Meditation Center this summer, with three dharma spaces and a variety of programs to support your practice in daily life. We thank you for your tremendous support in bringing this vision to bear and look forward to welcoming you to our new sangha space together!

- *Karuna*: Many of you have also been following our progress over the years with our diversity efforts — from the first People of Color (POC) Retreat in 1999, to expanding POC scholarship support for long retreats, to our commitment for our next Teacher Training to train a majority of Teachers of Color. We had a major shift last fall when core faculty for the program resigned, pointing towards foundational issues around race, equity and governance at both Spirit Rock and Insight Meditation Society that needed to be addressed for this groundbreaking Teacher Training to succeed. Those of us in staff, teaching and Board leadership are accountable for our own actions and inactions, and the actions and inactions of those around us, that led to this resignation.

We are engaged in a multi-levelled reckoning to better understand and learn from this opportunity in order to transform the conditions at Spirit Rock to better address inclusivity, race and equity. (See [spiritrock.org](http://spiritrock.org) for a statement from our Board of Directors.) *Karuna* is a practice of turning towards suffering, and in this case we are turning towards better understanding racial suffering on a systemic level at Spirit Rock, amidst a whole country that is turning towards race and equity issues.

These efforts towards transformation — externally on the lower campus, internally towards how we are wired — are essential for Spirit Rock's ongoing health and relevancy in supporting the Dharma and part of our ongoing path to organizational maturity. As with all efforts, it takes a sangha! And as Spirit Rock is committed to being a learning community, we are grateful for your engagement, your input, your holding us accountable and your partnership as we move forward in transformation together with *mudita* and *karuna* — hearts breaking open to see more clearly, together.

*Michelle Latvala*



Spring morning sunlight on the Rock.

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# Awakening to Dependent Origination

by Gil Fronsdal

*Deep, indeed is this dependent origination.  
It is through not understanding and penetrating it that  
people become entangled like a tangled ball of threads.  
—The Buddha (Long Discourse No. 15)*

When the Buddha awakened, he awakened to something. With the stilling of his mind and the dropping of his attachments, he awoke to Dependent Origination and attained liberation. This insight is the foundation of everything else he subsequently taught.

The principle of Dependent Origination is that when anything arises dependent on particular conditions, it ceases with the ceasing of those conditions. So, for example, rain is dependent on clouds; when the clouds vanish, the rain stops. The Buddha used the principle of Dependent Origination to understand human suffering and how to bring that suffering to an end. According to the principle, if suffering depends on something, and that thing is eliminated, the suffering will come to an end. With his awakening, the Buddha understood the causes and conditions of suffering and how to remove them. It is with this insight that the Buddha could then teach a path to liberation.

By understanding the concept of Dependent Origination, the Buddha's teachings become clear. By personally seeing Dependent Origination, the Buddha's teachings become liberating. The importance of this insight is emphasized in the ancient saying, "One who sees Dependent Origination sees the Dhamma; one who sees the Dhamma, sees Dependent Origination."

The Buddha's first, succinct way of teaching Dependent Origination was with the Four Noble Truths, which explain the cause of suffering and the conditions required for the ceasing of this cause. The first truth concerns knowing when suffering is occurring. The second truth is understanding craving as the cause of suffering. The third points to the possibility of ending that suffering. And the fourth truth describes the path to do this.

When suffering seems impenetrable and the Four Noble Truths seem too simple for penetrating the complex tangle that gives rise to the suffering, it can be useful to investigate further with the Buddha's teaching known as the Twelve-fold



Photo: Walt Opie

Dependent Origination. This teaching lists a sequence of 12 psycho-physical processes where each process is presented as a necessary condition for the arising of the next process. When suffering (the final link) is seen as a condition for ignorance (the first link), the 12 links are often depicted as a circle. The image of a circle is useful in that it suggests that when the processes are not interrupted, people can all too easily loop around and around in cycles of suffering.

However, all 12 processes seldom operate in a neat 12-step sequence. More often, they all also interact and shape one another in complicated ways. Instead of a circle, it might

be useful to see each as different threads of a matted ball of threads. The task of mindful investigation is to discover some of the individual threads and the connections between them. It then becomes possible to begin unraveling the tangled ball of suffering. Because of the way they are all intertwined, loosening any one thread loosens the rest.

Beginning with ignorance, the first seven processes in the twelve-fold list are the conditions that give rise to craving, which is the eighth item on the list as well as the second Noble Truth. The ninth to eleventh processes are those that build on craving to create the necessary conditions for suffering, which is the twelfth process in the sequence of Dependent Origination and the first of the Noble Truths.

### 1. Ignorance

Ignorance, as the first step in the sequence, refers specifically to "ignoring," or at least not understanding, our experience through the framework of the Four Noble Truths. When we are ignorant of our suffering or its cause, it is easy to look for happiness and peace in the wrong places. For example, pleasure can be mistaken for happiness; clinging and aversion can be assumed to be helpful strategies; and depending on a self-identity can be seen as important. One of the most significant symptoms of ignorance is believing that our psychological suffering is caused by external events. The teaching on Dependent Origination acts as a corrective to this by pointing to the role that our inner mental life has in suffering.

Because ignorance is the first process in the Twelve-fold Dependent Origination, all the subsequent processes are dependent on it. In other words, ignorance runs through the other 11 processes. It is said, therefore, that applying the Four Noble Truths to any of the 12 processes can untangle the ball of suffering.

### 2. Formation

Ignorance has consequences when it is the basis for how we react to the world. Ignorant reactions shape or "form" us, and this is why the second step in the Twelve-fold cycle is called "formations." Most prominent are the array of intentions and dispositions that arise dependent on ignorance. They can include such mental reactions as anger when a craving is frustrated, or anxiety when we are attached to a particular self-identity. Some of these may be momentary intentions; others may be pervasive motivations that shape both our personality and how we experience the world.

### 3. Consciousness

The third step, usually called "consciousness," consists of the mental processes by which we cognize or pay attention to things — processes influenced by our dispositions and conditioning. How we are mentally disposed can shape how we pay attention and what we pay attention to. Our awareness is seldom unbiased. When connected to

suffering, our awareness is selective and colored by our ignorant dispositions.

### 4. Body & Mind

How we pay attention has an influence on how we experience our "body and mind," the fourth step. So, for example, if I get angry at my suffering, this anger activates my body and mind in particular ways: I tense up, get hot and become impatient. In addition, I might focus my attention so that I mostly notice what I don't like about my body and mind.

### 5. Senses

The first four processes are powerful conditions for how we use our "senses," the fifth step in the sequence. For example, if the first four links are shaped by selfishness, then we may use our senses to notice only things that have an impact on our self-centeredness. If they are shaped by anger, then that may filter how we see, hear, smell, taste and touch the external world or how we "perceive" our inner world.

### 6. Contact

How the senses are directed conditions how we directly experience the world. Sixth in the sequence is "contact," the meeting of our senses with the outside world or with thoughts and feelings. People often assume that the world they experience through the senses is how the world actually is. The teaching on dependent origination suggests that when we suffer, we do not perceive accurately and the way our senses connect to the world is biased.

### 7. Feeling Tone

The seventh link is the "feeling tone" associated with any sense contact or perception. It is the seemingly impartial way in which we experience things as pleasant, unpleasant or neutral. However, the feeling tones that are part of the twelve-fold sequence are influenced by the preceding six links and are therefore not necessarily objective.

### 8. Craving

Feeling tone is a condition for the arising of "craving," the eighth link in the dependent origination of suffering. In other words, craving is a reaction to feeling tone. It can be quite humbling to discover how many of our desires, even seemingly sophisticated ones, are responses to feelings of pleasantness and unpleasantness.

### 9. Grasping

Craving is a necessary condition for "grasping," the ninth process. We are not going to cling to something unless we crave it.

*continued ›*

*Awakening to Dependent Origination (Cont'd from Page 5)*

## 10. Becoming

The tenth step, "becoming," refers to the creation of states of being or states of mind based on grasping. It is called "becoming" because it is an ongoing process of coming into being. If I grasp onto anger, it is more than a passing reaction, it can become a habitual response or even a pervasive and enduring mood.

## 11. Birth

Based on my ongoing anger, I may define myself by it: "I am an angry person." Giving birth to an identity based on our state of being is the eleventh process of Dependent Origination, and is called "birth." A fixed identity is a very significant condition for suffering because of all the expectation, assertion, disappointment, fear and anger that can be triggered as we try to support or defend ideas we hold about ourselves.

## 12. Suffering

The combined working of the first 11 processes is the dependent condition for suffering, the final process in the sequence. In looking carefully at suffering, it is important to remember we are always investigating the particular form it is taking. The word "suffering" is an abstraction and abstractions are difficult to explore. As a reminder to look into the particular expressions, the twelfth link has a long name: "aging, death, sorrow, lamentation, pain, grief and despair."

Each link is dependent on all the preceding links. This means that if a particular step is removed, the subsequent links cannot occur. If one of the links is occurring, it will cease when any of the earlier processes are stopped.

As we explore the tangled ball of our suffering, some threads are easier to discover than others and some can be addressed more directly. Using the framework of the Four Noble Truths helps untangle ignorance; insight into how our dispositions shape our experience can help us see more clearly; learning to not react to the feeling tones of experience lessens craving; not acting on cravings lessens grasping, which, in turn, lessens becoming. When the tangle of suffering is tightly woven, all these approaches may be needed. When the threads have become loose enough, a gentle tug on one strand may be all that is needed for the whole ball to unravel. And when suffering is untangled, what's left is profound and peaceful. What's left is not dependent on anything. 🌸



**GIL FRONSDAL** has practiced Zen and Vipassana since 1975 and holds a PhD in Buddhist Studies from Stanford. He is founding teacher of the Insight Meditation Center in Redwood City and author of a translation of *The Dhammapada*.

# Volunteer Profile

## Annie Sigtermans

A beloved friend introduced me to Jack Kornfield's books many years ago. I began listening to his audio books during my work commute. I got curious about meditation and started listening to his guided meditations during my lunch breaks in my car. Later I learned that Jack is one of the founders of Spirit Rock Meditation Center and lives nearby. I had to meet the man behind the soothing, gentle voice. When I attended my first daylong with Jack, I thought, "Wow! He is like a rock star, high on kindness and radiating calmness. I want that." But I was struggling with sitting still while watching my thoughts go by without being attached to them or without conjuring more stories to add to the non-stop reality show in my head. I just wasn't sure if I had the capacity to see and hold all that.



Annie Sigtermans

I stayed away and came back numerous times. I dabbled with many different paths and learned other practices. But I was drawn to the simplicity and the challenge of the vipassana practice. I appreciated the kind and flexible approach to the practice at Spirit Rock. I often heard the gentle reminder from teachers to have compassion for myself: "If you fall asleep, the body needs rest; it is okay, sleep." No judgments, just kind acknowledgment of what I needed at the moment. I love that!

In 2010 I mustered the courage to attend my first retreat, a 3-day retreat with Larry Yang. I had no idea what I was getting into: It was hard work! The retreat was both challenging and exhilarating. I loved that I was working with and befriending my internal struggles, and with the kindhearted guidance of the teachers, I was hopeful. I came out of the retreat with a sense of peace and a new perspective.

I decided to volunteer in order to get acquainted with the teachers and staff and to support the community. Volunteering gives me a chance to strengthen my practice in a safe and supportive environment that I take with me when I leave Spirit Rock.

Volunteering is a gift that provides me an opportunity to meet people and develop deep, authentic connections. I am honored and grateful to be working alongside many dedicated volunteers. I bow to all the teachers for their dedication and insight that help me feel safe and secure in just being who I am. 🌸

*Spirit Rock relies on the generosity of our many volunteers. We offer a range of opportunities from one-time projects to ongoing service. Check our website to find out more about our volunteer program or contact our Volunteer & Community Coordinator at [Volunteering@spiritrock.org](mailto:Volunteering@spiritrock.org) or (415) 488-0164 x224.*



## DEDICATED PRACTITIONERS PROGRAM (DPP6) April 2017 - April 2019

### SALLY ARMSTRONG, TEMPEL SMITH, RUTH KING, BONNIE DURAN *and other teachers*

Become a part of a community that will challenge, broaden and vitalize your understanding and embodiment of central Buddhist teachings and mindfulness. The Dedicated Practitioners Program is an innovative program for serious practitioners of Insight Meditation to deepen understanding of the Dharma, strengthen practice and integrate compassion and wisdom into our day-to-day lives.

Through this program, we study traditional texts and Buddhist suttas and use the Dharma, our meditation practice and our sangha to understand the ways suffering and freedom are created in our hearts, our lives, our communities and the world. Integral to this program is an exploration of the gross and subtle manifestations of social suffering evidenced through innocence and ignorance and its impact on personal and collective well-being and liberation. Our intention is to create a diverse and vibrant community of practitioners who support each other in waking up and in bringing more wisdom and compassion into the world.

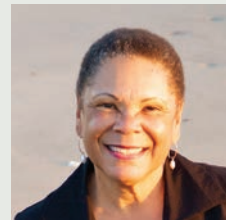
This program, designed as an intensive lay practice period, offers a comprehensive curriculum on the Buddha's teachings over two years. In addition to five 7-day training retreats, participants commit to maintaining meditative practice, monthly coursework, monthly group meetings and contact with a mentoring teacher. Students who have participated in the past five programs have found that DPP has had a profound impact on their meditation practice, providing a focus and inspiration for deepening their understanding of Buddhism and bringing the Dharma alive in new and often unexpected ways.



Sally Armstrong



Tempel Smith



Ruth King



Bonnie Duran

**Applications accepted June 15 - Sept 15, 2016. For more information, please visit [spiritrock.org/DPP](http://spiritrock.org/DPP).**



### Special Monday Evening Dharma Talk *Venerable Ajahn Amaro*

**Monday, June 6 • 7:15 - 9:15 pm**

The Venerable Ajahn Amaro will lead our weekly Monday program in a celebratory evening as the Spirit Rock community says goodbye to our honored Community Hall and moves into our new Community Meditation Center. Ajahn Amaro is an Emeritus Member of Spirit Rock's Teacher Council and is the abbot of Amaravati Buddhist Monastery in the UK, a center inspired by the Thai Forest tradition of Ajahn Chah.







# Thank You for Being Here

## A Message from Rachel Uris

My dear friends,

Our new Community Meditation Center will soon open! We're experiencing anticipation, delight and some sadness as we bow to change and start our experimentations together with these new spaces for practice. And most of all, we're experiencing gratitude...

*It's your effort, your time, your gifts, your love of Spirit Rock that has made this moment possible. We simply could not be here at this place without your generosity.* Thank you for helping to create this place for developing wisdom and compassion in the world.

As I'm writing this, we've just come back from our annual staff retreat. On our first day together, we greeted each other individually, bowed and said, "Thank you for being here." This experience of being seen and connecting in gratitude felt so lovely and right and appropriate for this time of change, evolution and learning at Spirit Rock.

I want to share this with you as well - "Thank you for being here!"

Deep gratitude and metta for all you offer, not only from staff and teachers but on behalf of future generations who will explore the path to waking up because of our commitment.

Much warmth and gratitude,



Rachel Uris  
Director of Development and Communications



Rachel Uris



Sangha of Thousands of Buddhas  
**Gratitude & Celebration**  
with **Sylvia Boorstein** and others

**Saturday, June 18 • 2 - 5 pm**  
**New Community Meditation Center**

A special event for all Sangha of Thousands of Buddhas members, the community of individuals who have offered \$1,000 or more to support the Capital Campaign.  
For more information please contact Bobbi Perez at (415) 488-0164 x 283 or email [sangha@spiritrock.org](mailto:sangha@spiritrock.org)









*Opposite page, clockwise from top: the new Community Meditation Center; looking out from the entrance; the building housing the front office, bookstore and two classrooms; inside the new Main Hall. This page: inside the Main Hall.*

## Ways to Give

No matter which forms of generosity appeal to you in your support of Spirit Rock, please know that many practitioners are profoundly grateful. 47% of our expenses come from contributions like yours. If you have any questions about giving, or even the worldly Dhamma of money, please call Rachel Uris, Director of Development, at (415) 488 - 0164 x286 or email [rachelu@spiritrock.org](mailto:rachelu@spiritrock.org).

### Online

Go to [spiritrock.org](http://spiritrock.org) and click on "Giving."

### Stewardship Circle

Join our monthly gift circle by offering \$25 or more per month to support Spirit Rock day-to-day and into the future.

### Respond to an Appeal

During the year we send out appeals via mail or email. Take a moment to read and respond with whatever level of generosity feels right to you.

### Volunteering

We couldn't operate Spirit Rock without our wonderful volunteers. To volunteer, contact our Volunteer Coordinator, Sally Segerstrom at (415) 488-0164 x224 or [Volunteering@spiritrock.org](mailto:Volunteering@spiritrock.org).

### Matching Gifts

Find out if your employer will match your charitable contributions.

### Bequests

Planned gifts are a way of leaving a legacy of support to Spirit Rock and passing on your values.

### Gifts of Stock/ IRA Distributions

A simple way of offering gifts to Spirit Rock is through appreciated securities and IRA distribution.

### In Honor or Memory

Make a gift in honor or in memory of a loved one.

# Changing Our Customs to Support Teachers

*A Message from Sally Armstrong, Co-guiding Teacher*



For 2600 years since the time of the Buddha, Buddhist monasteries, monks and nuns in Asia have been supported by the generosity of lay people. This practice of generosity, known in Pali as dana (DAH-na), was often the first teaching given to lay people and is considered a source of great merit and joy. In Buddhist cultures, the practice of

dana is highly valued and widespread. When many of Spirit Rock's founding teachers went to Asia to practice in the 1960s and '70s, they benefited from this generosity, both from their teachers and from lay supporters in the communities where they were practicing.

When those lay teachers returned to the West, they wanted to bring the practice of generosity back with them as an important part of training, and also realized they needed to deal with the reality of a culture that was not steeped in Buddhist teachings or in the practice of dana as an important value. Thus began the custom of charging a fee for attending a retreat to cover direct expenses — staff, food, rent, travel and so forth — and not charging a teacher fee. During the retreat, a teaching on the practice of dana would be given, and students would have the opportunity to offer financial support to lay teachers. This has enabled the beautiful quality of generosity to become established in our community, and it has been relatively successful in supporting teachers at retreats. As our communities have grown and we have begun to offer many more short Dhamma programs, such as classes and daylong retreats, this way of supporting teachers has not always been so successful. Students do not have as long to be immersed in the practice and teachings of the Dhamma, and there is often not the time to give a teaching on dana at every event, so financial support for teachers of these programs has been inequitable and has varied widely. This is understandably challenging for lay teachers as they cannot predict their income and still must meet fixed expenses, such as mortgages and health insurance.

As we move into the next 25 years of Spirit Rock offering these precious teachings of wisdom and compassion in the world, we are revising the fee/dana balance for our offerings in the Community Meditation Center, where non-residential classes

and daylong retreats are held, to better support our teachers. What has historically been invited at the end of the program — the teacher dana contribution — will be factored into the sliding scale fee beginning May 1st. By doing this, Spirit Rock will take on some of the financial uncertainty and offer consistent support for our teachers.

In our new Community Meditation Center with its additional smaller classrooms, we are very much looking forward to being able to offer more specialized programming, such as sutta study classes for senior students, multi-day non-residential retreats, or year-long non-residential programs on themes of interest to our community. The change in the fee structure will be especially important for supporting teachers of these kinds of events, as only a small number of students may attend such offerings.

## *Dana — Pillar of Practice at Spirit Rock*

Ensuring that our teachers and presenters have guaranteed financial support is an obligation that Spirit Rock is willing to take on in order to provide greater financial security for teachers. Please know that the practice of dana will remain a pillar of practice at Spirit Rock, and we include the practice of dana in all our programs. This perfection of the heart is related to, but not the same as financial offerings of support. In our Residential Retreat Center, practitioners offer dana support to teachers and retreat staff and the gift of time with their work service on retreat. In our Community Meditation Center, dana now takes a different form with teachers being supported by Spirit Rock's fees and operating fund donations, as well as volunteer service. We are profoundly committed to teaching and manifesting the heartfelt quality of dana, beyond payment structures. Furthermore, we remain committed to ensuring that these teachings are available to all and that, with limited exceptions, no one is turned away for lack of funds. We regularly hold events that don't have fees at all called "Dana Days." And all programs and retreats at Spirit Rock have scholarships, sliding-scale fees and work exchange opportunities available so that money isn't a barrier to practice.

Thank you for your commitment to Spirit Rock, the teachers and your practice. 🌸

A handwritten signature in cursive script that reads "Sally Armstrong".



## NEW MULTI-RETREAT PROGRAM APRIL 2017 - APRIL 2018

### *Compassionate Companions*

**JAMES BARAZ, SHARDA ROGELL, FRANK OSTASESKI, BOB STAHL, ANGE STEPHENS**  
and other teachers

*Spirit Rock Meditation Center in collaboration with the Metta Institute is excited to announce a new one-year training program, which includes three 7-day residential retreats, teleconferences, faculty monitoring, home study and more. The program is a sequel to the highly regarded Heavenly Messengers: Awakening through Illness, Aging and Death.*



*The new program has three areas of focus*

- Study of aging, illness and death as dharma vehicles for awakening wisdom and compassion. Teachings and practices in classical Buddhist teachings and other approaches.
- Support participants in developing "Caring Circles" to companion individuals facing aging, illness and death. Circles may serve local sangha/sitting group members, non-Buddhist community groups or one's family.
- Provide participants with a curriculum of dharma study and contemporary approaches and instruction in the facilitation skills needed to deliver the program to local groups.

*To effectively serve all communities, we are committed to multiculturalism, being fully inter-generational, skillfully addressing issues of difference, diversity and inclusivity, fostering open communication, and actively recruiting individuals from diverse communities. We suggest that local sanghas and groups support one or more representatives to attend this unique training. Individuals without an established community are also welcome to apply.*

*Applications accepted Apr 15 - Jul 15, 2016. For more info [spiritrock.org/CCP](http://spiritrock.org/CCP)*

## NEW NON-RESIDENTIAL RETREAT

### *Dharma in Life: On and Off Retreat*

A 3-day non-residential retreat in the new Community Meditation Center

**SYLVIA BOORSTEIN, LARRY YANG  
& KONDA MASON**

**September 3 & 4, 9:30 am - 4:30 pm**  
**+ September 5, 9:30 am - 3:00 pm**



Sylvia Boorstein



Larry Yang



Konda Mason

For many, Labor Day signifies the beginning of a new year. Kids go back to school, the summer is drawing to a close and adults go back to work. Join us for an overview of the Eightfold Path as we welcome the fall season in the new Community Meditation Center with a new overview of the Dharma. Our days will include substantial contemplative meditation as we practice in retreat silence along with break-out interactions into dyads. You will return home in the evenings with an opportunity to integrate practice into everyday life.

*Sliding Scale: \$225 - \$600. Go to [spiritrock.org](http://spiritrock.org) for more details.*

# How I Fell in Love with the Suttas

by Nikki Mirghafari

Different people have different entry points into Vipassana practice. Some start with reading books, studying the suttas and contemplating the teachings before they ever practice on the cushion. Some start with meditation practice, and study comes later, if ever. As much as my friends and colleagues like to think of me as a heady, academic type, I've admittedly been in the latter camp. What drew me years ago to Vipassana was the first-person investigation of my mind.

In the early years when I attended weeklong silent retreats, I was mainly there to meditate and explore my mind. I wasn't so interested in Buddhism or any "ism." Buddhist teachings, presented during the evening dharma talks, seemed like the "extra icing on the cake" of my personal experience. But the talks were part of the daily retreat schedule, and since I had been brought up to be a responsible, "Persian young lady," it was absolutely unthinkable to put the honor of my family at stake and skip the talks! And, I must confess, I was curious. So, I attended every talk and listened. I listened not just to the teachers' stories and the practice instructions, but more and more, started to take note of the core teachings. Soon, I was recognizing aspects of my experience in the talks, and conversely, the teachings I heard in the evenings were further serving as pointers to seeing various aspects of my mind and reality.

Exactly when it was that I first had the great honor and pleasure to make the acquaintance of the suttas, I can't remember. Our meetings happened slowly and gradually, over many years. At first, it was just a casual acquaintance — a quote from a teacher here, a paragraph there. The excerpts were sagacious and beautiful, potent and redolent, like the essence of the most fragrant flower of wisdom, bringing inspiration and delight to my mind and heart. It was an aroma of wisdom and liberation from which I wanted to not just take a secondhand, passing whiff, but to soak in completely, firsthand.

I was inspired, but the formidable density of the volumes made it a bit of an intimidating task to start. What I needed at the time was a guide and the support of community to help me embark on the journey. This support came through sutta study classes and daylongs.

I distinctly remember my first reading of the famous *Satipatthana Sutta* (the Four Foundations of Mindfulness) from the *Majjhima Nikaya* (MN), the *Middle Length Discourses of the Buddha*, at Spirit Rock on a weekend course, offered by my mentor, Guy Armstrong. I finally got to see for myself where the progression of the morning instructions at the insight retreats I had attended had been drawn from. Hooray! They were right here in the MN, spelled out: Start with awareness of different aspects of the

bodily experience (including breath), then open up to more subtle aspects of experience, such as feeling tones (pleasant, unpleasant, neutral), mind states, mental qualities and how they are conditioned, etc., etc. I was getting to know the suttas more intimately, and in the process, my heart soared. Gradually, the inevitable happened: I was falling in love.

Repeatedly, the suttas have instructed, shaken, challenged, uplifted, inspired and cheered me on the path. When I follow the instructions of the Mindfulness of Death Sutta (*Anguttara Nikaya* 6.19) and contemplate my potentially impending death in the length of an in-and-out breath, I feel appropriately shaken and alerted. The Simile of the Saw (*MN* 21.20) challenges my heart and mind to the heights and depths of non-harming and loving-kindness to which I can aspire to when I read that "even if bandits were to sever you savagely limb by limb with a two-handed saw, she who gave rise to a mind of hate towards them would not be carrying out my teaching." The *Canki Sutta* (*MN* 95.17) uplifts and inspires me to align my daily life with my intention and to be heedful of my "bodily and mental behavior" as a practitioner and, especially, as a teacher "in regard to the three kinds of states: ... greed, hatred, and delusion." When I read the Simile of the Cloth (*MN* 7.8), I feel cheered on as I recognize my lived experience in the teaching of confidence and dedication to the practice leading to gladness in the mind, which in turn leads to rapture, to tranquility, to pleasure and to concentration.

My love affair is well under way, yet it feels like it is just getting started. For me, it is a joy, delight and inspiration to read what may be the closest collections we have to the original teachings of a most remarkable human being who lived some 2600 years ago. I invite you to explore and discover the jewels in the suttas, and in particular, the passages that most resonate with you, for yourself, firsthand. Who knows? You too may find yourself falling in love with the suttas. 🌸



**NIKKI MIRGHAFORI** is a Stanford trained compassion cultivation instructor and holds a PhD in computer science from UC Berkeley. Currently in the Spirit Rock/IMS/IMC Teacher Training, she will be teaching daylongs on April 24th on *The*

*Majjhima Nikaya* and on August 14th on Mindfulness, Improv and Freedom. She is co-teaching the July Metta Retreat (see p. 38) and the one-month retreat in March 2017 (see p. 34).



# Why I Meditate

by Wes Nisker

(After Allen Ginsberg)

I meditate because I suffer. I suffer, therefore I am. I am therefore I meditate.

I meditate because there are so many other things to do.

I meditate because when I was younger it was all the rage.

I meditate because of Siddhartha Gautama, Bodhidharma, Marco Polo, the British Raj, Carl Jung, Alan Watts, Jack Kerouac, Allen Ginsberg, Alfred E. Neuman, et al.

I meditate because evolution gave me a big brain, but it didn't come with an instruction manual.

I meditate because I have all the information I need.

I meditate because the largest colonies of living beings, the coral reefs, are dying.

I meditate because I want to touch deep time, where the history of humanity can be seen as an evolutionary adjustment period.

I meditate because life is too short and sitting slows it down.

I meditate because life is too long and I need an occasional break.

I meditate because I want to experience the world as Rumi did, or Walt Whitman, or as Mary Oliver does.

I meditate because now I know that enlightenment doesn't exist, so I can relax.

I meditate because of the Dalai Lama's laugh.

I meditate because there are too many advertisements in my head, and I'm erasing all but the very best of them.

I meditate because the physicists say there may be eleven dimensions to reality, and I want to get a peek into a few more of them.

I meditate because I want to remember that I'm perfectly human.

Sometimes I meditate because my heart is breaking.

Sometimes I meditate so that my heart will break.

I meditate because a Vedanta master once told me that in Hindi my name, Nis-ker, means "non-doer."

I meditate because I'm growing old and want to become more comfortable with emptiness.

I meditate because it's such a relief to spend time ignoring myself.

I meditate because my country spends more money on weapons than all other nations in the world combined. If I had more courage I'd probably immolate myself.

I meditate because I'm building myself a bigger and better perspective, and occasionally I need a new window.

I meditate because I want to discover the fifth Brahma-vihara, the Divine Abode of Awe, and then I'll go down in history as a great spiritual adept.

I meditate because I'm composed of 100 trillion cells, and from time to time I need to reassure them that we're all in this together.



# Gateways to the Dharma

## DAYLONGS, CLASSES AND EVENTS



Spirit Rock offers a broad range of daylong retreats, classes, online programs and special events that open gateways to the Dharma and deepen understanding of the Buddha's teachings. We invite you to review our offerings on the following pages and visit [spiritrock.org](http://spiritrock.org). Dates and times are subject to change; please check [spiritrock.org](http://spiritrock.org) for up-to-date information.

### WEEKLY & MONTHLY CLASSES AT SPIRIT ROCK

**MONDAY NIGHT CLASS (WEEKLY) 7:15 - 9:15 pm**  
**JACK KORNFIELD, MARK COLEMAN, MATTHEW BRENSILVER, WILL KABAT-ZINN, NIKKI MIRGHAFORI AND OTHERS**

Our Monday night class serves as an introduction to the practices of awareness and compassion that are the heart of our community. This gathering also offers support and ongoing teachings to committed students. For a full schedule of teachers, visit our website.

**WEDNESDAY MORNING CLASS (WEEKLY) 9:00 - 11:00 am**  
**SYLVIA BOORSTEIN, DONALD ROTHBERG AND OTHERS**

Sitting and practice-oriented discussion, suitable for beginners as well as engaged practitioners.

**THURSDAY CLASS FOR WOMEN (WEEKLY) 10:00 am - 12:00 pm**  
**GRACE FISHER AND OTHERS**

A drop-in group offering women a place to come together and share wisdom and strengthen a sense of belonging in the world.

**FRIDAY MEDITATION & YOGA (WEEKLY)**  
10:00 am - 12:15 pm  
**DANA DEPALMA, YOGA TEACHER ASHLEY SHARP AND OTHERS**

Each class begins with an hour of mindful yoga (suitable for all levels), followed by a guided meditation, and concludes with a dharma talk, inquiry and discussion.

**DHARMA & RECOVERY GROUP (2<sup>nd</sup> Friday) 7:30 - 9:30 pm**  
**KEVIN GRIFFIN AND OTHERS**

This group meets to explore the intersection of recovery with Buddhist teachings and practices. We welcome people who identify with any of the full range of addictions, from substances and behaviors to habitual thought and emotional patterns.

*Cost for all drop-in classes \$15 - 30, sliding scale.*



*"Mindfulness is the aware, balanced acceptance of present experience. It isn't more complicated than that."*

— SYLVIA BOORSTEIN

**BAY AREA AND BEYOND: ONGOING CLASSES WITH SPIRIT ROCK TEACHERS**

**Berkeley - James Baraz**

Thursdays, 7:30-9:30 pm  
Berkeley Buddhist Monastery, 2304 McKinley Ave.  
[www.insightberkeley.org/aboutus](http://www.insightberkeley.org/aboutus)

**Berkeley - Will Kabat-Zinn**

Sundays, 7-9 pm  
Ashtanga Yoga Berkeley, 933 Parker St., #38, Bay 5  
[www.ashtangayogaberkeley.com](http://www.ashtangayogaberkeley.com)

**Berkeley - Wes Nisker**

Wednesdays, 7:30-9 pm  
Yoga Kula Berkeley, 1700 Shattuck Ave.  
[www.yogakula.com](http://www.yogakula.com)

**Marin Sangha - Phillip Moffitt**

Sundays, 6-8 pm, St. Luke Presbyterian Church  
10 Bayview Dr., San Rafael  
[www.marinsangha.org](http://www.marinsangha.org)

**Oakland - Larry Yang (Alphabet Sangha of Oakland)**

Tuesdays, 7-8:30 pm  
East Bay Meditation Center, 285 17th St.  
For LGBTIQ-SGL (Alphabet) communities  
<http://eastbaymeditation.org/alphabet>  
[alphabetsangha@eastbaymeditation.org](mailto:alphabetsangha@eastbaymeditation.org)

**Palm Springs - Larry Yang**

[www.desertinsight.org](http://www.desertinsight.org)

**Placerville - Ayya Anandabodhi**

Aloka Vihara  
[www.saranaloka.org](http://www.saranaloka.org)

**Redwood City - Gil Fronsdal, Andrea Fella**

Insight Meditation Center, 108 Birch at Hopkins  
[www.insightmeditationcenter.org](http://www.insightmeditationcenter.org)  
[insightmeditationcenter@gmail.com](mailto:insightmeditationcenter@gmail.com) or (650) 599-3456

**San Francisco - Anushka Fernandopulle**

Mondays, 7-9 pm, CIIS, 1453 Mission St., Rm. 216  
[www.anushkaf.org](http://www.anushkaf.org)

**San Francisco - Eugene Cash**

Sundays, 7-9 pm  
First Unitarian Church, 1187 Franklin St. at Geary  
[www.sfinsight.org](http://www.sfinsight.org) or (415) 994-5951

**San Francisco - Howard Cohn**

Tuesdays, 7:30-9 pm  
St. John's Episcopal Church, 1661 15th St. at Julian  
[www.missiondharma.org](http://www.missiondharma.org) or (415) 447-7761

**Sierra Foothills - John Travis**

[www.mtstream.org](http://www.mtstream.org)

**Todos Santos, Baja, Mexico - Robert Hall**

[www.eldharma.com](http://www.eldharma.com)

**Paths for Awakening**

**The Practice and Study of Insight Meditation at Spirit Rock**

At Spirit Rock, our mission is to offer a direct experience of the Buddha's path of liberation through a variety of retreats, practices, teachings and trainings. We have divided suggested areas of practice into four levels listed here, from beginning stages to more advanced stages. In this Schedule of Events, look for the color-coded symbols on many of the events as a guide.



Beginning Insight Meditation



Introduction to Buddhism



Exploring the Buddhist Path



Deepening Practices and Wisdom

## CONTINUING EDUCATION (CE) CREDITS

Continuing Education events are co-sponsored by Spirit Rock and the Spiritual Competency Resource Center. Events offering CE credit are appropriate for the general public as well as health care professionals.

**Board of Behavioral Sciences:** Spirit Rock is approved by the California Board of Behavioral Sciences to sponsor continuing education until May 31st, 2016. BBS licensed participants can continue to utilize Spirit Rock CE credits as the BBS accepts credits for license renewal for programs from APA approved sponsors. Course meets the qualifications of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Sciences. (Spirit Rock Provider # PCE 1851)

**American Psychological Association:** The Spiritual Competency Resource Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Resource Center maintains responsibility for these programs and their content.

**Board of Registered Nursing:** The Spiritual Competency Resource Center is a provider approved by the California Board of Registered Nursing, Provider Number CEP11909.

CE credit awarded for instruction time only. For more information, including number of credits offered per event and learning objectives please see the event descriptions on our website.

For general information, including attendance and cancellation policies, please see [www.spiritrock.org/continuing-education](http://www.spiritrock.org/continuing-education).

### OFFERINGS WITH CE CREDIT AVAILABLE

- 5/7 Awakening Our Hearts: Exploring White Privilege
- 5/8 Return to Wholeness
- 5/17 A Heart As Wide As The World (Class Series)
- 5/17 Awakening Joy Retreat
- 6/3 Cultivating the Heart of Love
- 6/20 Mindfulness Facilitors Retreat
- 6/26 Radiant Intimacy (BBS Only)
- 7/3 Transforming Emotions: Qigong Sound Healing
- 7/9 Shift Happens: Learning to Bounce Back
- 7/17 Practicing with Physical Pain
- 7/23 The Joy of Samadhi
- 8/13 Conscious Loving: Pathways for Awakening our Heart
- 8/14 Mindfulness, Improv & Freedom
- 8/21 Calming the Restless Mind
- 8/21 Being Present in the Body
- 8/28 The Joy of Letting Go

**\*CE credits available for on-site event attendance only.**

## SUN MAY 1 Moving from Me-ditation to We-ditation LAMA SURYA DAS Sunday, May 1, 9:30 am - 4:30 pm

It's time for us to move from me-ditation to we-ditation. "We" is the new "I." Join the we-volution. Inter-meditation means "meditating with" the practice and art of intimate union and communion, oneness with whatever is, just as it is. It is the yoga of merging and convergence, connection, co-meditation and spontaneous oneness opening the portal every day to spontaneous empathy and compassion in action. We take this path of inter-being to overcome our illusions of duality, separateness and loneliness. This co-meditation practice is especially suited for those who feel it's hard to sit, be quiet and meditate. It is the direct way to joy, inner peace and stillness, happiness and contentment. Everything we seek is within; let's look deeper.

Cost \$90 - \$250, sliding scale. Senior rate \$55. Code LS1S16

## MON MAY 2 What the Dharma Offers As We Get Older ANNA DOUGLAS 4 Mondays, May 2 - May 23, 10:00 am - 12:30 pm

### OPEN TO AGES 55 + OLDER CLASS SERIES

Life after 60 years brings with it new challenges and new perspectives. The teachings and practices of the Dharma can help us to discover what this new stage of life is about. Are there new priorities calling for our attention? Are we open to things changing? Are we confident in our capacity to meet new and unfamiliar experiences? How might we more easily navigate unwanted changes in the functioning of mind and body? Mindfulness is a particular type of meditation practice that has been shown to positively affect the functioning of mind and body. In addition, a key revelation of mindfulness practice is that the very things that challenge us can also bring us greater wisdom and deeper compassion for ourselves and others. As we consciously engage with our experience of aging, we may quite naturally find changes in our priorities, with less compulsion to "achieve." We may feel a keener awareness of the preciousness of life, or we may have the urge to complete what is undone. We may discover the always available refuge of the present moment with gratitude for what is present, no matter how small. We may feel an uncommon courage growing inside us, even in the midst of difficulty. And when our work is done, we will most certainly feel compassion for our shared humanity.



Anna Douglas

Cost \$100 - \$160, sliding scale. \$60 Senior (65+ with limited income)  
Code AD2C16



**TUE** Spring Path of Parenting  
**MAY** GRACE FISHER  
**3** 5 Tuesdays, May 3 - May 31, 10:00 am - 11:30 am

For more information please see Family Program, p. 31.  
 Cost \$100 - \$200, sliding scale. Code FA2C16

**SUN** Return to Wholeness: Releasing Trauma  
**MAY** Using Loving-Kindness and Compassion  
**8** PAWAN BAREJA  
 Sunday, May 8, 9:30 am - 4:30 pm

CE CREDIT AVAILABLE

If past traumatic events are inhibiting your mindfulness meditation practice or your daily life, then this daylong may offer you some tools to break through old reactive patterns that no longer serve you. You will learn body-based trauma healing skills to free up frozen survival-based energy so that you may feel more alive, settled and grounded in everyday life. We will be working with the traumatic responses in your body, which can inhibit your daily life through a replaying of old patterns of stress and anxiety. We will explore holding trauma responses using somatic (body-based) skills and mindfulness meditation tools. The mindfulness practices of loving-kindness, compassion, sympathetic joy and equanimity will be used to help you free up your energy so you may feel more settled, grounded and calm in daily life. Working directly with your body, you may begin to heal the trauma by discharging unresolved traumatic energy that gets bound in the nervous system as body constriction and emotional reactivity. The somatic and mindfulness tools offered in this class may help your nervous system access its innate capacity to self-regulate.



Pawan Bareja

Cost \$75 - \$200, sliding scale. Code PB1D16

**SAT** Awakening Our Hearts:  
**MAY** Exploring White Privilege to Build Authentic  
**7** Relationships Across Difference  
 ARINNA WEISMAN, JOAN DOYLE, BARUCH GOLDEN,  
 SUSANNE PEGAS  
 Saturday, May 7, 9:30 am - 4:30 pm

OPEN TO SELF-IDENTIFIED WHITE PEOPLE  
 CE CREDIT AVAILABLE

Buddhism has as its refuge and vision a heart that is unrestricted, luminous and free. As we practice the Eightfold Path, our hearts begin to open and call us to explore unconscious beliefs and behaviors that cause harm and suffering to others and ourselves. For example, we as white people are unaware of the ways we build identities of whiteness which cover our hearts and separate us from people of color.

One of the main obstacles to exploring unconscious beliefs and behaviors is that as white people, we prefer to examine ourselves individually to determine whether we personally carry prejudices. We believe that we are “good people” who wouldn’t discriminate and that the unconscious beliefs and behaviors don’t apply to us. We prefer to adopt a more “color-blind” position. This stance does not take into account that our lived experience includes having “caught” messages about race and having received the benefits of white-skin privilege, which occurs mostly outside of our awareness.

By becoming aware of our group identity as white people and by owning this reality of privilege and access to power and resources, we are able to transform ourselves and our ability to be in authentic relationships, across differences. We begin to work towards the creation of multicultural communities by addressing the changes needed to bring about true inclusion. Through this process, we will have the opportunity to create structures and cultural norms that honor everyone in our sanghas.

The exploration we are proposing grows from the premise that we are always deserving of love and that self-judgment is a barrier to open-heartedness and new learning. Because we understand that this uncovering may touch places of shame and blame, our gathering will be conducted using practices of awareness, loving-kindness, patience, truthfulness and the invitation to skill development. As we increase our understanding and deepen our exploration, we may find ourselves experiencing a new freedom of expression unobstructed by constructions of identities around whiteness, and this daylong is therefore intended for people who self-identify as white.

Cost \$75 - \$200, sliding scale. Code AW1D16

*“Wisdom says we are nothing. Love says we are everything.  
 Between these two our life flows.”*

— JACK KORNFIELD

**S A T**  
**MAY**  
**14** **Calming the Mind, Opening to Insight: Bringing Concentration and Insight Together As One Practice**  
**RICHARD SHANKMAN**  
**Saturday, May 14, 9:30 am - 4:30 pm**



Concentration and *jhana* are often taught as separate practices from mindfulness and insight meditation. We will explore how they can be brought together in a mutually supportive way as a single style of meditation practice. We will learn to practice so the mind becomes more collected and centered, leading to deepening states of concentration, peace, clarity and calm-abiding and culminating in states of unification of mind known as *jhana*. At the same time, awareness will be guided to open into mindfulness of the body and states of the heart and the mind, revealing the Four Foundations of Mindfulness. This integration of concentration, calm, mindfulness and *jhana* builds a strong foundation for the arising of insight. The day will include time for questions, discussion and a talk.

Cost \$75 - \$200, sliding scale. Code RS1D16

**S U N**  
**MAY**  
**15** **Introduction to Insight Meditation**  
**ANUSHKA FERNANDOPULLE**  
**Sunday, May 15, 9:30 am - 4:00 pm**



Insight Meditation is the practice of connecting with mindfulness to our direct experience, so that we can understand what is true about ourselves, our lives and our world. In this daylong workshop, suitable for beginners or those who want a refresher, we will learn to cultivate mindfulness in sitting and walking meditation. We'll also discover how even eating can be a meditation (bring your own lunch or snack for this). We will learn how to apply mindfulness inter-personally while listening and speaking and we will investigate how mindfulness can be brought to our experience of the body, heart and mind through all of our sense doors. Most of the day, we will be doing experiential, contemplative practices in silence. Information will be provided on developing your own practice at home and we will explore the possibilities that arise from following this path, originally taught by the Buddha 2600 years ago! Come join us to learn something new and develop your life as practice.

Cost \$75 - \$200, sliding scale. Code AF1D16



Anushka Fernandopulle

**S A T**  
**MAY**  
**14** **Opening to Joy & Peace in the Natural World**  
**MARK COLEMAN, JENNIFER BEREZAN**  
**Saturday, May 14, 9:30 am - 4:30 pm, Spirit Rock Land**

Nowhere is the power of contemplative meditation more profound than in the serenity of nature. Like the Buddha, mystics for millennia have sought refuge in the silence of the natural world. In this tranquil and rejuvenating day, we will explore how meditation is supported by the stillness of nature as we spend the day in sitting and walking meditation in the hills and meadows of Spirit Rock. Throughout the day we will interweave sessions of chant and song designed to open the heart and awaken states of well being and insight. We will learn from nature's perennial wisdom teachings on change, inter-dependence and the power of letting go. We will explore the interconnection between our inner and outer landscape and experience how nature touches and evokes many beautiful qualities, including joy, peace, wonder and love.

Cost \$75 - \$200, sliding scale. Code MC3D16

**T U E**  
**MAY**  
**17** **A Heart As Wide As The World: Cultivating The Brahmavihara's – Love, Compassion, Joy & Equanimity**  
**MARK COLEMAN**  
**4 Tuesdays, May 17 - June 7, 7:15 pm - 9:15 pm**



CLASS SERIES (ALSO AVAILABLE ONLINE, SEE P. 30)  
CE CREDIT AVAILABLE (FOR IN-PERSON EVENT)

Imagine a heart boundless in its love, responsive to the suffering of the world, joyful when it meets the happiness of others and balanced when facing the inevitable ups and downs of life. This is the possibility the Buddha pointed to – the vast potential of the heart to release its constriction and fears and live in the world with kindness and care, delight and peace. In this practical course, you will learn how to develop each of these sublime qualities of love (*metta*), compassion (*karuna*), appreciative joy (*mudita*) and equanimity (*upekkha*). We will explore the formal meditation practices that develop these qualities. We will also discuss their practical applications in our relationships with ourselves and others and how they can manifest in our lives. We will look at the obstacles to these lovely facets of the heart and how we can work to unbridle their potential. Suitable for beginners and experienced students wanting to deepen or refresh their practice.

Cost \$100 - \$160, sliding scale. Code MC1C16

Cost Online \$80. Code MC1N16



Mark Coleman



**SUN  
MAY  
21** **Mindful of Race**  
**RUTH KING**  
Saturday, May 21, 9:30 am - 4:30 pm

Racism remains one of the most deeply rooted and painful impasses of our time. It is fed through lack of awareness and the misuse of power. To understand the dynamics of racism and the flesh we put on its bones is to also understand other forms of oppression and our relationship to differences, divisions and diversity.



Ruth King

With mindfulness practice, we learn how to stay present to what's true and what's difficult with a caring and wise heart. Being grounded in mindfulness further supports us in an intimate investigation of our "individual" and "collective" racial conditioning and its "systemic" proliferation. In this introductory daylong retreat, we will explore belonging as a relative necessity for awakening as we blend mindfulness practices with an engaged exploration of racial conditioning. Through the lens of the *Vipallasa Sutta* and periods of walking and guided meditation, we will grow to understand the dynamics of racial suffering and how to cultivate compassionate ways to liberate heart, mind and community.

Cost \$75 - \$200, sliding scale. Code RK1D16

**SUN  
MAY  
22** **Who Am I Now?**  
**ANNA DOUGLAS**  
Sunday, May 22, 9:30 am - 4:30 pm

OPEN TO AGES 55 + OLDER

As more people are living longer and remaining active, it has become clear that the old definitions of retirement are no longer relevant. Researchers have recognized a new developmental stage of life appearing after 60 that is as distinct from active adulthood as adolescence is from childhood. It is distinguished by the recognition of our potential for lifelong learning and growth, as well as the possibility of inner transformation even as our body ages. It is a time for letting go of outworn roles and self images. They are no longer relevant to the task at hand, which has more to do with letting go than accumulation, emotional intelligence than cognitive skills, and inner transformation than outer productivity. This re-focusing on new priorities requires engaging with a freer sense of self-identity. "Who am I now?" is the liberating question we will explore through the awareness practices of mindfulness, inquiry and group discussion. Join with others who share the perspective of being over 55.

Cost \$75 - \$200, sliding scale. Code AD3D16

**SAT  
MAY  
28** **Feeding Your Demons™: Ancient Wisdom for Resolving Inner Conflict**  
**LAMA TSULTRIM ALLIONE**  
Saturday, May 28, 9:30 am - 4:30 pm

BENEFIT EVENT

This program is a benefit for Tara Mandala Retreat Center and Spirit Rock. Inspired by the ancient practice of Chöd, Feeding Your Demons is a five-step process created by Lama Tsultrim Allione that allows one to offer nurturing and understanding to our inner demons, our disowned shadow parts, rather than engaging them in battle and struggle. We all have our demons. Paradoxically, offering compassion to the parts of ourselves we wish would go away develops the potential for transformation from demon to ally. This allows the psyche to move from polarization to integration and the energy that has been trapped in the demon becomes accessible as the ally. Feeding Your Demons is of great benefit when working with a wide variety of both personal and collective issues, including depression, anxiety, addictions, physical issues, fear, anger, relationship challenges and other dilemmas of modern life.

Cost \$110 - \$275 sliding scale. Code TA1B16

**SUN  
MAY  
29** **Wisdom Rising: Reawaken the Sacred Feminine**  
**LAMA TSULTRIM ALLIONE, SPRING WASHAM**  
Sunday, May 29, 9:30 am - 4:00 pm



Lama Tsultrim Allione




Spring Washam

OPEN TO SELF-IDENTIFIED WOMEN

In this powerful daylong retreat, you'll meet and embody the energies of the "five dakinis," the dancing embodiments of feminine wisdom. Together we will explore how to bring back the sacred feminine energy that has been stripped from many religions and cultures. Lama Tsultrim Allione will introduce the Mandala of the Enlightened Feminine and together with Spring Washam will offer teachings on how to transform oppressive emotional patterns into power and strength. All self-identified women are welcome with a special invitation to women of color.

Cost \$75 - \$200, sliding scale. Code TA1D16

**FRI**  
**JUN**  
**3** **Cultivating the Heart of Love**   
**MARK COLEMAN**  
Friday, June 3, 9:30 am - 4:30 pm


**CE CREDIT AVAILABLE**

Mindfulness and loving-kindness (*metta*) are essential and beautiful qualities of an awakened life. Mindfulness leads to clarity, insight and understanding. Love is an attitude of heart that cares deeply about life's challenges. It allows a kind embrace of ourselves and connects us intimately with each other and the world. We will discover how these qualities are intimately related and mutually supportive and how they are necessary in the journey of awakening and in learning to live wisely and kindly. Participants will cultivate awareness through mindfulness meditations and develop a compassionate orientation through heart opening practices. Teachings will focus on the integration of love and awareness so that mindfulness practice is fused with a kind, receptive presence. We will inquire into what obstructs the natural expression of the heart and what hinders us from being fully present in the moment. Suitable for people new to meditation and for experienced students wishing to deepen and broaden their practice of mindfulness and metta.

Cost \$75 - \$200, sliding scale. Code MC4D16


**SUN**  
**JUN**  
**5** **Summer Family Practice Day**  
**VENERABLE PANNAVATI,**  
**KATE MUNDING, EVE DECKER**  
Sunday, June 24, 10:30 am - 3:00 pm

For more information please see p. 31.  
Cost \$65 - \$200 sliding scale, add \$5 at the door. Code FA3D6

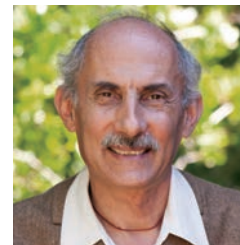
**SAT**  
**JUN**  
**11** **Magic of Awareness**   
**JAMES BARAZ, ANAM THUBTEN**  
Saturday, June 11, 9:30 am - 4:30 pm

The paradox of awareness is very profound and yet very simple. It can't be described because it has no objective qualities and no limitation. Sometimes it comes naturally to the surface when we are fully in the present moment and no longer lost in thoughts or mental projections. Pure consciousness is neither high nor low, neither pleasant nor unpleasant, neither good nor bad. Join us for this daylong where we will learn how to pay attention to this quality of awareness through formal and informal meditation. Once we know how to pay attention, it can be experienced in an instant – in all circumstances. When we reside in that liberated mind, we find the very thing we have been seeking all along.

Cost \$75 - \$200, sliding scale. Code JB2D16

**SAT**  
**JUN**  
**4** **Introduction to Insight Meditation**   
**JACK KORNFIELD**  
Saturday, June 4, 9:00 am - 5:00 pm

In this is traditional Insight Meditation (Vipassana) daylong, the emphasis is on quieting the mind and opening the heart. By cultivating a calm mind and a kind heart towards ourselves and others, we learn to live with loving awareness. We also develop a more easeful relationship with life, regardless of our circumstances. Instructions will be given for both sitting and walking meditation. Lively discourse on the Dharma will be provided throughout the day, with time for questions and discussion. This daylong is suitable for both beginning and experienced meditators who are looking to refresh and deepen their practice.



Jack Kornfield

Cost \$90 - \$250, sliding scale. Code JK2D16

**SUN**  
**JUN**  
**12** **The Tao and the Dharma: Practices of Mindfulness Meditation and Qigong**  
**WES NISKER, FRANZ MOECKL (QIGONG)**  
Sunday, June 12, 9:30 am - 4:00 pm

**BRING A FRIEND FOR FREE WHEN YOU PRE-REGISTER**

Join Franz and Wes for a wonderful day practicing the traditional Buddhist and Taoist exercises of breath and mind. Through these elegant, ancient practices,



Wes Nisker



Franz Moeckl

we will explore our existence as part of all nature and enter more intimately into the flow of life itself. The day will include guided meditations on the life of the body, on our "animal" conditioning, on death and dying and on the nature of consciousness. The talks and discussions will present both traditional Buddhist views of self and reality, as well as some of the latest information from evolutionary biology and psychology to support and guide the practices. As we come to feel ourselves as part of the movement of creation, our lives gain new meaning, and we find relief from the suffering of a separate, disconnected self. The day will offer time for discussion and include humor, crazy wisdom and poetry.

Cost \$75 - \$200, sliding scale. Code WN3D16




**SUN  
JUN  
19** **Fathers and Sons: Creating a Conscious Relationship (Father's Day)**  
**JAMES BARAZ, ADAM BARAZ**  
**Sunday, June 19, 9:30 am - 4:30 pm**

OPEN TO SELF-IDENTIFIED MEN

The bond between a father and son is a precious relationship. When it is healthy, conscious and has spiritual depth, it can be the most significant relationship in a man's life. In this workshop we invite fathers and sons to explore the optimal vision that they hold for the relationship between them. Through experiential exercises, meditation, council and dialogue, we will look at obstacles to deepening the connection as well as practices that will be supportive for strengthening or healing that bond. We will hold council circles with the sons, as well as circles for the fathers, to share their hopes, challenges and visions. We will conclude the workshop with a sacred ritual to support each father and son to carry their vision home after our time together and for years to come. All men are welcome to attend this event alone or with your father or son (minimum age 13 years or older).

Cost \$75 - \$200, sliding scale. Code JB3D16

**SAT  
JUN  
25** **Introduction to Insight Meditation**  
**HOWARD COHN**   
**Saturday, June 25, 9:30 am - 4:30 pm**

BRING A FRIEND FOR FREE WHEN YOU PRE-REGISTER

Imagine feeling at home wherever you are. Imagine feeling that your life is so complete – right here, right now – that you do not wish to be anywhere else. Your mind and body feel calm and content. Imagine feeling this way even when your to-do list is overflowing. You are unrushed and free of anxiety. You are able to act intelligently, skillfully and swiftly, with clarity and ease. You feel inexhaustibly alive and aware. Imagine feeling this way in an airport, a shopping mall and even in rush-hour traffic. Your surroundings might be chaotic, but inside you feel a sense of stillness and peace. Imagine feeling this way when you are alone. You are enjoying solitude, immersed in the life that is inside and around you. Your senses are wide-awake. Sights are more vivid, sounds clear, tastes and smells rich and alive. You are open to your thoughts and feelings and not bothered by them. They pass by effortlessly, like clouds drifting through an empty sky. This day will provide the tools to experience this meditative presence wherever you are.

Cost \$75 - \$200, sliding scale. Code HC3D16

**FRI  
JUN  
24** **Heart Practices As We Age**  
**ANNA DOUGLAS**  
**Friday, June 24, 9:30 am - 4:30 pm**



OPEN TO AGES 55 + OLDER

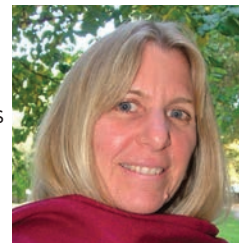
By the time we have lived 60 or more years, our hearts have been broken, perhaps more than once. We may have recovered and healed, or we may still feel the effects of being hurt, disappointed, betrayed or abandoned. Part of our task as elders is to heal the wounds of the past and come to peace with our unresolved feelings. What is past is truly past. What can be ours now is the intention to heal and make peace with our emotional lives. The teachings and practices of the Dharma give us many tools for healing and releasing the wounds of the past. This day will provide a sampler of practices and teachings to help you in your healing journey. We will practice loving-kindness and compassion for ourselves, as well as equanimity for all that we cannot control. We will recognize what gives us joy and learn ways to strengthen gratitude. We will forgive ourselves and others. We will learn to begin again, and again and again. For those who recognize the importance of healing the heart in this stage of life, this day is for you.

Cost \$75 - \$200, sliding scale. Code AD4D16

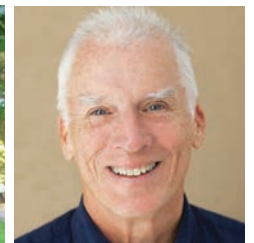
**SUN  
JUN  
26** **Radiant Intimacy**  
**DEBRA CHAMBERLIN-TAYLOR, GEORGE TAYLOR**  
**Sunday, June 26, 9:30 am - 4:30 pm**

CE CREDIT AVAILABLE (BBS ONLY)

Relationships thrive when we learn to deeply connect with others in the radiance of joy and love. Luminous intimacy is not just for the "honeymoon" stage



Debra Chamberlin-Taylor



George Taylor

or limited to romantic partners. It is a quality of presence that can deepen over a lifetime when any two people choose to practice together. Boundless love and joy shine within each heart but are often veiled by layers of protection. Partner practices help open these veils of the heart and reveal the radiant warmth and goodness within ourselves and our partner. Radiant intimacy awakens, heals and builds the foundation for authentic trust. Partner practices offer profound support for recognizing and embodying our deeper nature of loving awareness. To share this recognition with your partner is sheer delight. The day will include guided partner meditations, communication exercises and movement. This daylong will be valuable for couples or pairs of friends or family who want to share the path of growth together. Please attend with a practice partner.

Cost \$75 - \$200, sliding scale. Code DG2D16

**SAT  
JUL  
2** **The Anxiety of Impermanence  
and the Impermanence of Anxiety**  
**AJAHN PASANNO**  
Saturday, July 2, 9:00 am - 5:00 pm



**DANA DAY (BY DONATION)**

The nature of the world is one of constantly changing conditions. Emotional states of mind, with respect to change, are very potent experiences and are often accompanied by a sense of permanence and a relentlessly fixed reality. In this daylong, we will explore *anicca* (impermanence) and how it can be contemplated in a way that leads to the end of suffering rather than as a cause of anxiety. Insight into *anicca* spans across long periods of time as well as in the present moment. We will explore how to use wise reflection to gain insight and freedom from the suffering associated with the emotional states that arise from our perceptions. There will be periods of sitting and walking meditation, dharma reflections and time for questions and answers.



*Ajahn Pasanno*

*Dana Only - No Registration Fee. Code AP1D16*

**SAT  
JUL  
9** **Shift Happens: Learning to Bounce Back from  
Disappointment, Difficulty, Even Disaster**  
**LINDA GRAHAM**  
Saturday, July 9, 9:30 am - 4:30 pm

**CE CREDIT AVAILABLE**

Dealing effectively with the challenges and crises of life is the core of our resilience and well-being. Developing flexible and adaptive strategies for coping with everyday disappointments and extraordinary disasters is the heart of any transformative process. Modern neuroscience illuminates how the brain encodes its strategies for coping and has shown mindfulness and compassion practices to be two of the most powerful agents of brain change, thus behavior change, known to science. A wise use of Buddhist contemplative practices and tools from modern relational psychology can help practitioners let go of unwholesome coping strategies and cultivate new, more wholesome ones. This leads to more clarity, response flexibility and resilience, and less greed, hatred, delusion and suffering. In this daylong, participants will learn to reverse the impact of stress and trauma and come out of anxiety, depression, addiction, grief, loneliness, guilt and shame. Participants learn to deepen their self-compassion and empathy, connect to inner resources and relationships that are healthy and nourishing, and, through mindful awareness and reflection, discern options and make wise choices that lead to thriving and well-being.

*Cost \$75 - \$200, sliding scale. Code LG2D16*

**SUN  
JUL  
3** **Transforming Emotions:  
Qigong Sound Healing and Meditation**  
**MINGTONG GU, DEBRA CHAMBERLIN-TAYLOR**  
Sunday, July 3, 9:30 am - 4:30 pm

**CE CREDIT AVAILABLE**

On this day we will explore how qigong sound healing, movement and meditation can help us awaken and bring healing to emotional and physical challenges. Master Mingtong Gu will teach and guide an extensive practice of ancient sound healing to fully awaken your energy centers and emotional body. You will learn how to transform the unprocessed energy of previous emotional pain into more vibrant healing resources. This energy practice will transform your consciousness, support healing, and help to access the abundant energy of life. We will practice self-acceptance meditations and cultivate unconditional love by keeping the energy of the heart open, through qigong and dharma methods. We will strengthen and connect the five organs' energy to transform fear, anger, sadness and worry to love and happiness through qigong sound healing. We will enhance whole-body energy flow through meditation, movement and other qigong practices in order to return to a deep sense of joy and wholeness. No previous experience in qigong or meditation is necessary.

*Cost \$75 - \$200, sliding scale. Code MT2D16*

**SUN  
JUL  
10** **Moving into Meditation:  
Mindful Yoga and Embodied Presence**  
**ANNE CUSHMAN**  
Sunday, July 10, 9:30 am - 4:30 pm

Nourish and balance your body, heart and mind while learning practical skills for staying grounded, present, spacious and connected in your meditation practice and your life. We'll move through an integrated flow of mindful yoga postures, breath cultivation practices, and seated, walking, standing and reclining meditation, as well as dharma reflections. Each gentle yoga sequence will focus on a particular skill or quality of being that can support you to go deeper in your meditation. You'll gather tools that will help you: stay grounded and centered even when life gets crazy; relax and refresh your nervous system; access your intuitive wisdom; connect with the felt sense of your body and breath; calm a restless mind or energize a dull one; respond rather than react to your emotions; and cultivate the elements of a stable, relaxed and comfortable meditation posture. Beginning and experienced yoga or meditation students welcome. The day will be held in "social silence" but will include time to ask questions and share discoveries.

*Cost \$75 - \$200, sliding scale. Code AC1D16*

**MON  
JUL  
11** **Releasing Trauma's Hold on Our Meditation:  
Joining Meditation and Somatic Skills**  
**SAKTI ROSE**  
4 Mondays, July 11 - August 1, 10:00 am - 12:00 pm

**CLASS SERIES**

This class is designed for meditators who have met with barriers in their meditative experience that inhibit their progress on the path. This 5-week class will add to the body of skills learned and practiced in Trauma and Mindfulness One and will deepen what's already been learned. We will continue to explore traumatic experiences which give rise to stuck patterns of fight, flight and freeze. Traumatic events leave physiological and emotional scars that alter neurological structures and functions. By developing somatic skills, individuals can recognize and help regulate the painful effects of trauma and thereby free up energy for meditation. By recognizing the particular symptoms and by working directly in the body, the trauma can be healed through specifically discharging the unresolved energy of the trauma that gets bound in the nervous system in a variety of ways, including body constriction, emotional reactivity and spiritual disturbances. With the educational tools taught in this class, one's nervous system can begin to regain its capacity to self-regulate. These skills are based on the body of teachings by Dr. Peter Levine. We will use Dr. Levine's book, *Healing Trauma*, as the reference for this course.

Cost \$100 - \$160, sliding scale. Code SR2C16

**SUN  
JUL  
17** **Practicing with Physical Pain**  
**OREN J SOFER, ERIN SELOVER**  
Sunday, July 17, 9:30 am - 4:30 pm

**CE CREDIT AVAILABLE**

Along with the gifts of a human body come inevitable experiences of physical discomfort, from daily aches to illness, aging and chronic pain. In this daylong workshop, we will explore how working skillfully with body pain and practicing wisely with pain strengthens the heart and can be a doorway to release. The day will include silent meditation in all four postures – sitting, standing, walking and lying down – as well as guided movement, reflection, dialogue and practical tools for working with pain. The workshop will present core teachings of the Buddha on right view, right attitude, and *vedana*, as applied to the experience of physical pain and illness. You will learn how Buddhist wisdom teachings, specific reflections and meditation practices can be used to develop more compassion, insight and freedom in relation to experiences of unpleasant sensations commonly regarded as "pain." This workshop is appropriate for all meditators, those living with chronic pain, caregivers and those working with others in pain. There will be an opportunity to continue through follow-up webinar support groups.

Cost \$75 - \$200, sliding scale. Code OS1D16

**SAT  
JUL  
16** **Listening to Natural Law**  
**AYYA ANANDBODHI,  
AYYA SANTACITTA, ISABELITA PAPA (QIGONG)**  
Saturday, July 16, 9:00 am - 5:00 pm



**DANA DAY (BY DONATION)**

Investigating our human condition leads us to see our intrinsic interconnectedness with nature and all that lives. Our present environmental



Ayya Santacitta



Ayya Anandabodhi

crisis is not just a problem to be solved, but a living process of which we are part. Learning to listen to this process brings us back in touch with the natural wisdom that so often gets clouded by hopes and fears. This day will be held in Noble Silence, so as to listen more deeply to our innate wisdom. The nuns will offer guided sitting and walking meditation, dharma reflections and opportunities for dialogue. There will be a shared vegetarian meal. Since the beginning of Buddhism over 2500 years ago, Buddhist monastics have depended on alms for food. They were, and still are, prohibited from growing their own food or storing their own provisions. You are invited to bring vegetarian food to share with the nuns and each other.

Dana Only - No Registration Fee. Please pre-register if you plan to attend. Code NU1D16

**SUN  
JUL  
17** **Chanting and Meditation**  
**JAI UTTAL, DEBRA CHAMBERLIN-TAYLOR**  
Sunday, July 17, 7:15 pm - 9:15 pm

The heart is an honored gateway to our most profound and boundless nature. Using the ancient and sublime blend of *kirtan* (chanting) and meditation, we can open the heart of infinite love. *Kirtan* in the *Bhakti* tradition taps the nectar of spiritual longing and devotion and invites us to surrender everything into the Sacred. Used together, *kirtan* and meditation can reveal the expansive view of our sky-like nature. For more than 30 years of commitment to the art and spiritual practice of *kirtan*, Jai Uttal has cultivated a voice and musical style that carries the listener into the heart of devotion, prayer and healing. Through call-and-response group chanting, he guides beginning and experienced chanters to an ecstatic remembrance of the divine.

Cost \$30 - \$100, sliding scale. Code JA2E16



**FRI  
JUL  
22** **A Day of Mindfulness  
with George Mumford**  
**GEORGE MUMFORD**  
Friday, July 22, 9:30 am - 4:00 pm



Spirit Rock is pleased to welcome George Mumford, a Buddhist Vipassana teacher who has helped to integrate mindfulness with professional sports in the bright lights of the National Basketball Association. Michael Jordan and countless other NBA stars credit George Mumford with transforming their game. His teachings were a central part of the sport psychology for the Chicago Bulls and the Los Angeles Lakers players and staff during their championship seasons of the late 1990s and early 2000s. Mumford partnered with Coach Phil Jackson, famous for his mindfulness practice, working with each of Jackson's 11 teams that went on to become NBA champions. A widely respected public speaker and coach, Mumford will share his story and strategies for a mindful life. His proven techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker or artist. Join us for a day of teachings and meditation with a wonderful teacher. Sports enthusiasm not required!



George Mumford

Cost \$75 - \$200, sliding scale. Code GM1D16

**SUN  
JUL  
24** **It Gets Better:  
The Secret Life of Women Aging**  
**ANNA DOUGLAS, NINA WISE**  
Sunday, July 24, 9:30 am - 4:30 pm

OPEN TO SELF-IDENTIFIED WOMEN

BRING A FRIEND FOR FREE WHEN YOU PRE-REGISTER

It's not all bad news, as the cosmetics industry would have us believe. Do we need more products or more passion for what we love? Do we need more attention or more compassion? Do we need more humility or more courage to speak up? Do we need more youth or more curiosity about living long? To be an elder woman is to step out of the shadows and engage in defining a new stage of life for ourselves and other women. No one else can do this for us. We have many resources to aid us in this journey – the good fortune of security, comfort and freedoms unknown to many women on the planet. In addition we have the teachings of awareness and loving-kindness to draw on and the deep wisdom of the Dharma. In a culture that worships youth, the positive effects of aging are often overlooked. This daylong for women will include sessions of meditation, movement, uplifting and easy creativity practices, interactive exercises and dharma teachings that focus on how to recognize and deepen our acknowledgment of the positive aspects of aging as well as make full use of our wisdom and creativity. Open to women of any age.

Cost \$75 - \$200, sliding scale. Code AD5D16

**SAT  
JUL  
23** **The Joy of Samadhi**  
**NIKKI MIRGHAFORI**  
Saturday, July 23, 9:30 am - 4:30 pm



CE CREDIT AVAILABLE

The practice of *samatha* leads to the state of *samadhi*, where the mind is stable, bright, undistracted and spacious. A dedicated practice of *samatha* can culminate in profound stillness, known as *jhana*, where the mind becomes fully immersed and absorbed in the chosen object of attention. The often used translation of *samadhi* as "concentration" can unfortunately be misleading in conjuring up images of tense effort with a furrowed brow, where a practitioner needs Herculean effort to stop distractions and pull the mind into one-pointedness. "Stabilizing" and "calming" the mind can be more helpful frames of reference, where we are not attempting to tame a lion with the force of will and whip, but putting the right conditions in place to train a puppy, giving gentle and affectionate directions that are at the same time resolved and steady. A stable mind is better capable of having a fresh perspective on our psychological processes, and, more significantly, inclined to the arising of liberating insights and seeing things as they really are. Developing *samadhi*, to any extent available, serves as a doorway to freedom of our minds and hearts.

Cost \$75 - \$200, sliding scale. Code NM2D16

**SAT  
JUL  
30** **Recovering Freedom:  
Breaking the Addiction to the Mind**  
**NOAH LEVINE**  
Saturday, July 30, 9:30 am - 4:00 pm

Buddhism is a path to freedom from all forms of suffering. All suffering originates in the addictive quality of the mind and our habitual tendency to grasp at pleasure and push away pain. These are the first and second noble truths of the Buddha. All unenlightened beings experience craving for pleasure and aversion to pain, but those of us who have become addicted to pleasure-producing substances or behaviors have an even more extreme form of repetitive craving that usually includes a disregard for the negative consequences of satisfying such cravings. The Buddhist path offers a spiritual and psychological process of transformation that has proven to be a most effective treatment for our human addiction to the mind and all the suffering we create when we obey the cravings the mind and body produce. Buddhist meditation is the most potent tool there is for recovering our freedom and finding a wise relationship to pleasure and pain. This daylong will provide an opportunity to learn and practice several different forms of Buddhist meditation oriented specifically toward breaking free of old ways of thinking and behaving. People in recovery are especially encouraged to explore this perspective and practice.

Cost \$75 - \$200, sliding scale. Code NL1D16

**SUN  
JUL  
31** Introduction to Mindfulness:  
An Insight Meditation Daylong  
**PHILLIP MOFFITT**  
Sunday, July 31, 9:30 am - 4:30 pm



**DANA DAY (BY DONATION)**

The Buddhist practice of mindfulness, called Insight Meditation in the Vipassana tradition, empowers us to meet life with all of its difficulties and challenges. The practice of Insight Meditation can bring ease to the mind and an opening of the heart. In this introductory daylong retreat, we will systematically explore the Four Foundations of Mindfulness that the Buddha taught for being present for all aspects of our experience, even the most subtle parts. In the same manner, we will look at the Buddha's key teaching of the Four Noble Truths in which he describes why we have tension, stress and anxiety and provides instructions for how to move beyond fear, uncertainty and attachment. The day will include instructions for sitting and walking meditation, and there will be time for questions and discussion. This daylong is appropriate for students new to meditation, as well as practitioners with some experience who would like a refresher course in basic instruction. This is a Dana (donation) day. Phillip is offering the day as a gift to the Spirit Rock community. Spirit Rock's regular daylong rate is waived for this event. The practice of generosity, or Dana, in all forms is considered a central pillar of Buddhist practice. Spirit Rock invites you to contribute what is appropriate for you.

*Dana Only - No Registration Fee. Please pre-register if you plan to attend. Code PM2D16*

**SUN  
AUG  
14** Mindfulness, Improv and Freedom  
**NIKKI MIRGHAFORI**  
Sunday, August 14, 9:30 am - 4:30 pm



**CE CREDIT AVAILABLE**

Improv and mindfulness may appear to be at odds from the outside. Improv conjures up images of liveliness and movement. Mindfulness, on the other hand, evokes peace and stillness. However, the two practices have profound similarities in the way the mind gets trained. In improv, one's attention is trained to be fully present to whatever is arising internally and externally with an attitude of openness and curiosity. Mindfulness training teaches us to pay attention to the present moment experience with openness, curiosity, acceptance and (non-egoic) kindness. Improv is an excellent sandbox for learning to see our judgments towards ourselves and others with lightness and levity. It also serves as a great platform for exploring identity and the self, especially in relationship with others. Both improv and mindfulness lead to more ease, joy and freedom in our lives, as we stop taking ourselves and "not-selves" too seriously. This daylong will combine guided meditation, improv exercises, and small and group discussions.

*Cost \$75 - \$200, sliding scale. Code NM3D16*

**SAT  
AUG  
13** Conscious Loving:  
Pathways for Awakening Our Heart  
**TARA BRACH**  
Saturday, August 13, 9:30 am - 4:30 pm

**BENEFIT, CE CREDIT AVAILABLE**

Intimacy with others in our life can be the basis for experiencing full aliveness and sacred communion. Yet as so many have experienced, our relationships are also often the source of insecurity, hurt and betrayal. When we've been wounded, if we are not mindful, we contract and lose contact with the parts of our being that have wisdom and empathy. Others become "unreal others," two-dimensional characters in our narrative. At these times we are in a trance, caught in an isolated, deficient sense of self. During this daylong workshop, we will explore the trance engendered beliefs and feelings that distance us from others. We will then engage with mindfulness-based practices such as self-compassion, forgiveness and empathy that enable us to reconnect with our essentially loving awareness, and cultivate genuine bonds of trust, understanding and love with others. You are welcome to come alone or with a partner. Our time together will include short dharma talks, silent meditation, reflective inquiry and dyadic exercises. There will also be periods for questions and sharing. This workshop addresses all of our relationships, not just romantic partnerships. *\*This program benefits Insight Meditation Community (IMC) of Washington DC & Spirit Rock.*  
*Cost \$110 - \$275 sliding scale. Code TB1B16*



*Tara Brach*

**SUN  
AUG  
14** Exploring the Dharma through Poetry  
**PHILLIP MOFFITT**  
Sunday, August 14, 9:30 am - 4:30 pm

Each moment of life, both the ordinary and the extraordinary, is imbued with presence. Being awake to this presence gives us an immediate sense of life's meaning. This feeling is what poets try to capture in verse. Using poetry as our inspiration and our guide, we will explore how it can deepen our understanding of the Dharma and help us meet each moment of life with awareness, intention and surrender. This daylong will consist of sitting and walking meditation practice interspersed with dharma discussions based on a selection of poems.

*Cost \$75 - \$200, sliding scale. Code PM3D16*



*Phillip Moffitt*

**SAT  
AUG  
20** **Time**  
**NORMAN FISCHER**  
Saturday, August 20, 9:30 am - 4:30 pm

**SPECIAL EVENT**

Buddha taught impermanence, which implies a concept of time. But what is time? How do we experience it? How do we live it? What do our ideas about time mean for the way we live and suffer? What do our ideas about time have to do with our thoughts and experiences of aging? And why don't Buddhist teachers talk about time? Well, one teacher does. In his famous essay *Uji* ("For The Time Being"), Dogen (1200-1254), the great Japanese Zen Master, discusses the ineffable and simultaneous nature of time as it intersects with our living. Time is being and being is time, Dogen writes. And our misunderstanding of this point is one of the key reasons we suffer. In this daylong retreat, we'll practice sitting and walking meditation and engage in dialogue about and experiential exercises in the practice of living in "the time being."

Cost \$90 - \$250, sliding scale. Code NF2S16

**SUN  
AUG  
21** **Being Present in the Body: Using Mindfulness to Work with Trauma**  
**PAWAN BAREJA**  
Sunday, August 21, 9:30 am - 4:30 pm

**OPEN TO SELF-IDENTIFIED PEOPLE OF COLOR  
CE CREDIT AVAILABLE**

Mindfulness helps us recognize the influence of past traumatic events which inhabit our daily life, here and now, through response patterns of stress and anxiety. In this daylong we will use body-based trauma healing skills to learn how to free up our frozen survival-based energy, so that we may feel more alive, settled and grounded in our everyday life. By working directly with our bodies, we begin to heal old trauma wounds by discharging the unresolved traumatic energy that gets bound in the nervous system in a variety of ways. This is often exhibited as body constriction and emotional reactivity. Our nervous system is innately resilient and with the right tools is able to regain its natural capacity to self-regulate. This daylong will offer participants tools that blend the unique qualities of a mindfulness meditation practice with the skills of autonomic regulation utilized in Somatic Experiencing®, a trauma healing modality created by Dr. Peter Levine. Suitable for all self-identified people of color with all levels of meditation experience, including beginners.

Cost \$40 - \$100, sliding scale. Code PC3D16

**SUN  
AUG  
21** **Calming the Restless Mind**  
**HOWARD COHN**  
Sunday, August 21, 9:30 am - 4:30 pm



**CE CREDIT AVAILABLE**

Everyone wants to be calm and peaceful. Much of our restlessness and agitation stems from an untrained mind and lack of clear perception of what's happening in our mind and body moment-to-moment. During this daylong retreat, we will train our hearts and minds to find a calm abiding in the present moment. We will follow the Buddha's teachings on the Four Foundations of Mindfulness — being mindful of our bodies, beginning with the sensations of breathing and expanding to include all other types of physical sensations. We will learn to feel pleasure more fully without trying to make it last and learn to accommodate inevitable unpleasant experiences without being afraid of or reactive to them. We will develop the skill of recognizing and working with our moods and emotions and learn how to relate to our thoughts more wisely rather than being so easily carried away by them. Settling the mind into the body, while noticing and caring about the flow of experience, our hearts can settle and we can all realize that the peace and ease we are looking for in our lives is the natural peace and ease of our own nature.

Cost \$75 - \$200, sliding scale. Code HC4D16



Howard Cohn

**SAT  
AUG  
27** **Loving What Is: A Day with Byron Katie**  
**BYRON KATIE**  
Saturday, August 27, 9:30 am - 4:30 pm

**BENEFIT, LIVE WEBCAST**

Byron Katie has one job – to teach people how to end their own suffering. As she guides people through her simple yet powerful process of inquiry, called The Work, they find again and again that their stressful beliefs about the world, other people, or themselves can no longer run their lives. Eckhart Tolle, author of *The Power of Now*, says, "The Work is like a razor-sharp sword that cuts through illusion and enables you to know for yourself the timeless essence of your being." Join Katie in a workshop designed to take you on a journey of self-discovery. With her humor and lovingly incisive clarity, Katie will show you how to identify and question the stressful thoughts that cause all the suffering and violence in the world. Anyone with an open mind can do The Work. Participants will have the opportunity to ask questions and to do The Work with Katie. This event has sold out for several years running. Register early to ensure your space. Benefits "The Work" and Spirit Rock.

Cost: \$110 - \$275 sliding scale. Code BK1B16, WEBCAST: \$60-\$108. Code BK1L16



Byron Katie



**SUN  
AUG  
28** **The Joy of Letting Go**  
**JAMES BARAZ, JANE BARAZ**  
Sunday, August 28, 9:30 am - 4:30 pm



CE CREDIT AVAILABLE  
BRING A FRIEND FOR FREE WHEN YOU PRE-REGISTER

Just what does the phrase "let go" mean? *Nekkhamā*, (translated as "renunciation") is the Pali term for letting go. It is often thought of as sacrifice, as something we should do because it's "good for us." However, the Buddha spoke of this quality as leading to true contentment and happiness. During this daylong we will explore various expressions of letting go and how they can be practiced. We will discuss letting go as simplicity, bringing balance into our lives, letting go of our limiting stories, and generosity as the full flowering of letting go. Practices will be offered to deepen our understanding of letting go and to effectively cultivate a spirit of letting go in our daily lives. The day will include periods of meditation instructions, silent sitting and walking periods as well as experiential exercises. Practices will be offered that may be used with clients to help reduce suffering and develop greater capacity for true contentment and happiness.

Cost \$75 - \$200, sliding scale. Code JB4D16

**SUN  
AUG  
28** **The Transformative Power  
of the Four Noble Truths**  
**DANA DEPALMA, NOLIWE ALEXANDER**  
Sunday, August 28, 9:30 am - 4:30 pm



The Four Noble Truths point the way to transforming our understanding and relationship with life and guide us to live with greater ease and joy. As Phillip Moffitt writes,



Dana DePalma



Noliwe Alexander

"It is a teaching in how to live wisely." The First Truth names the undeniable fact that suffering is a part of life. The Second Noble Truth identifies the causes of our suffering, while the Third points to the possibility of releasing self-created causes to experience a sense of inner freedom. The path towards this freedom is the Fourth Noble Truth. Our day will include systematic, progressive teachings; guided silent and walking meditations; and exploration of the Four Noble Truths as they weave seamlessly through our individual and collective lives. The day is open to students familiar with basic Insight Meditation (Vipassana) instructions. We will explore these teachings through the lens of Phillip Moffitt's book, *Dancing with Life*. We welcome all diverse populations for a day of insight and healing. Dana will be teaching a six-week class in September on the Four Noble Truths.

Cost: \$75 - \$200, sliding scale. Code DD2D16

## NON-RESIDENTIAL INFORMATION

### Registration

Registration is available on our website [spiritrock.org](http://spiritrock.org). You can also mail a check to Spirit Rock, PO Box 169, Woodacre, CA, 94973. Please include your daytime phone number and email address and write the event code on the outside of the envelope and on your check. Pre-registration closes at noon Friday for weekend events. For class series and other non-weekend events, pre-registration closes at noon one business day before the event. In order to receive the pre-registration price, you must pay in full at the time you register. There is an additional \$5 fee for registering at the door. To register by phone, call (415) 488-0164 x266, Monday to Friday.

### Costs & Financial Assistance

No one is turned away for lack of funds for daylongs, drop-in classes and most class series. Partial scholarships are available for Special Events. Scholarships are not available for Benefits as these programs are fundraisers for Spirit Rock. A limited number of volunteer work exchange opportunities are available for all program types; volunteers pay half price to attend Special Events and Benefits. Please contact our Volunteer Coordinator for more information at [Volunteering@spiritrock.org](mailto:Volunteering@spiritrock.org) or (415) 488-0164 x224.

### Please note we're changing our fee structure as of May 1, 2016.

Our sliding scale fees and donations to Spirit Rock now guarantee support for our Community Meditation Center teachers, so we will no longer ask for teacher dana at programs and events in our community center. For further information, please read the FAQs on our website: [spiritrock.org](http://spiritrock.org).

### Young Adult/Senior Rates

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend regular daylong events for \$45-\$55 and class series for half price (with some exceptions).

### Volunteering

Volunteering is a meaningful way to participate in the Spirit Rock community. Volunteers help in every department and support every event. We hope you'll consider offering us your time and energy helping with events, in housekeeping, on the land, in an office or in the kitchen. In gratitude for your service, volunteers receive free or reduced price attendance at programs. Contact our Volunteer & Community Coordinator, Sally Segerstrom, at [Volunteering@spiritrock.org](mailto:Volunteering@spiritrock.org) or (415) 488-0164 x224.


### Cancellations

We do not offer refunds, but you can request a credit up to 4:00 pm two business days before an event, or Thursday for weekend programs. We will credit your registration fee towards another non-residential event. Credits are not transferrable to residential retreats and must be used within one year of their date of issue. If you do not contact us prior to this deadline, no credit will be issued. Credits cannot be accessed online; to request or use a credit, contact [EventsRegistrar@spiritrock.org](mailto:EventsRegistrar@spiritrock.org) or call (415) 488-0164 x266, 8 am - 4 pm, Monday to Friday.


# ONLINE PROGRAMS AT SPIRIT ROCK

For those unable to attend our programs in person, Spirit Rock offers online classes and live webcasts.

## Online Classes

**TUE  
MAY  
26** **A Heart As Wide As The World:  
Cultivating the Brahmavihara's –  
Love, Compassion, Joy & Equanimity**   
**MARK COLEMAN**  
**4 Thursdays, May 26 - June 16**

For more information please see p. 20.  
\$80 for 4-week series. Code MC1N16

**MON  
JUN  
6** **A Field Guide to the Mind: Practical  
Abhidhamma for Meditators**   
**STEVE ARMSTRONG**  
**6 weekly classes beginning Monday, June 6**

Once you have the insight that ordinary reality is not what you thought it was, what then? How do you understand your experience? Yourself? In the Abhidhamma, the third basket of the Buddha's teaching, we are offered a practical map for investigating and understanding life. Experiences, unfolding moment-by-moment, are seen through the deconstructing lens of awareness to be a movie made up of discrete moments or still photos, themselves created from "pixels" of mental and physical phenomena arising and coalescing and unfolding in lawful, observable ways. Seeing in this way reveals that this process happens without there being a "someone" it is happening to. In this six-week online course, we will be deconstructing these phenomena so that we can begin to understand how our life works from the inside and how we can develop the mind in order to free the heart from suffering. Studying the Abhidhamma is useful for anyone, particularly those who are actively practicing meditation and seeking to understand the mind.  
\$120 for Class Series. Code SA1N16.

## Live Webcasts

**SAT  
AUG  
27** **Loving What Is: A Day with Byron Katie**  
**BYRON KATIE**  
**Saturday, August 27, 9:30 am - 4:30 pm**

For more information please see p. 28.  
\$60 - \$108 sliding scale. Code BK1L16

## A Loving Tribute to

# Stephen Levine



**Sunday, May 22**  
**3:30 - 6:00 pm**  
**Upper Meditation Hall**

**JACK KORNFIELD, NOAH LEVINE,  
DEBRA CHAMBERLIN-TAYLOR,  
CHANTING WITH JAI UTTAL,  
RAM DASS (via Skype)**

With bows of honor, gratitude and love we say goodbye to a great teacher and friend, Stephen Levine. Through stories, chants, poetry and video, we will honor and remember his extraordinary life and his wonderful contributions to our world. With profound wisdom, compassion and humor, Stephen helped, and continues to help, tens of thousands of people live and die more consciously. We hope you can join us as we celebrate his life.

*Donations are appreciated. \$0-108  
Advanced RSVP is required to attend.  
Please register online using the Code SL1E16.*

*A video of the tribute will be available the  
following week on [spiritrock.org](http://spiritrock.org).*

## Parenting & Family Days

**TUE** **MAY** **3** **Spring Path of Parenting**  
**GRACE FISHER**  
 5 Tuesdays, May 3 - May 31, 10:00 am - 11:30 am

### CLASS SERIES

In 2016, the Winter and Spring Path of Parenting courses will explore the ten perfections of the heart known as the *paramis*. As parents, we so often want to offer our children an "appropriate response" to what arises. These class series, which can be taken together or separately, will delve into the ten qualities of the awakened heart – qualities like generosity, truthfulness and patience. By understanding and embodying these aspects, we are more able to meet our kids with an open, loving heart – that most profound of "appropriate responses." Please join us for a rich experience of dharma-parent community, discussion and meditation. This class is for anyone who is engaged with children, including parents, grandparents, foster and step-parents, teachers and caregivers. Open to beginning and experienced meditators. Participants are welcome to bring newborn to pre-crawling babies to class.

Cost \$100 - \$200, sliding scale. Code FA2C16

**SUN** **JUN** **5** **Summer Family Practice Day**  
**VENERABLE PANNAVATI,**  
**KATE MUNDING, EVE DECKER**  
 Sunday, June 5, 10:30 am - 3:00 pm

Family Days are a wonderful opportunity to spend the day connecting with your children, yourself and a community of supportive peers. Come play, share, learn and open your heart!

**Family Practice Period:** A Program for the Whole Family We start our morning with a program for everyone, weaving the theme of the day into songs, skits and family activities. We have plenty for your children, with mindfulness geared toward youth ages 4-14.

**Youth Program:** During the second half of our day, youth ages 4-14 will attend age-appropriate groups with our experienced Spirit Rock mindfulness leaders. They will play, make art, sing songs and practice mindfulness together.

**Parents Program:** Parents of children ages 4 and older will have an opportunity to meditate, hear a talk related to parenting as practice, and connect with one another through group discussions. Pre-registration requested so we can plan ahead, especially for the kids' activities.

Cost \$65 - \$200 sliding scale. Code FA3D16

**AUG** **AUG** **3 - 7** **Family Retreat (LOTTERY)**  
**GIL FRONSDAL, KATE MUNDING,**  
**VENERABLE CUNDA, OFOSU JONES-QUARTEY**  
 4 nights, Wednesday - Sunday



Gil Fronsdal



Kate Munding



Venerable Cunda



Ofosu Jones-Quartey

### OPEN TO FAMILIES WITH CHILDREN AGES 6-15

This popular retreat will include family activities, young people's groups, a parent program and free time. Dharma activities include songs, stories, skits, games, art, time on the land, a campfire, council practice, parent discussions, meditation for all and dharma talks. The Family Retreat is a true retreat experience that brings us face-to-face with our own experience and may bring up deep emotions. At least one parent/caregiver in each family needs to have sat one or more silent retreats or the equivalent.

Cost \$1130 - \$565 for adults, \$710 - \$355 for children, sliding scale, plus a donation to the teachers and retreat staff. Code 380R16

## FAMILY PROGRAM VISITOR INFORMATION

Limited scholarships and work exchanges may be available for Family Program Events. Volunteers are needed to assist with the Family Days and attend free of charge; children are welcome to volunteer alongside an adult.

If interested, please contact the Volunteer Coordinator for more information at [volunteering@spiritrock.org](mailto:volunteering@spiritrock.org) or call (415) 488-0164, x224.



# *Train the Mind*

## RESIDENTIAL RETREATS AT SPIRIT ROCK



### RESIDENTIAL RETREATS MAY - DECEMBER 2016

Sitting a retreat at Spirit Rock can be a life-changing experience and can lead to profound deepening of your practice. Our retreats last from a few days to a full two-month retreat. To help you plan ahead, we are printing the calendar for the remainder of 2016, with the opening dates of registration, as retreats fill quickly.

If you are able to attend a retreat at short notice, please join a waitlist as spaces regularly open up. Visit [spiritrock.org](http://spiritrock.org) for more information or contact [Retreats@spiritrock.org](mailto:Retreats@spiritrock.org) or (415) 488-0164.

MAY	RETREAT	TEACHERS	REGISTRATION OPENS
2 - 8	Developing Compassion: The Fruit of Our Practice	MARY GRACE ORR, NORMAN FISCHER, CHRISTIANE WOLF, REBECCA KRONLAGE (YOGA)	1/5
9 - 15	Taking Refuge in What Is True (DANA)	AYYA ANANABODHI, AYYA SANTACITTA, ANNE OLIVER (YOGA)	1/6
17 - 22	Awakening Joy Retreat	JAMES BARAZ, DEBRA CHAMBERLIN-TAYLOR, HOWARD COHN, EVELYN LARSON (MOVEMENT) (CE CREDIT)	1/13
22 - 29	DPP5 Retreat 5 (Angela Center, Santa Rosa)*	ANDREA FELLA, TEMPEL SMITH, SALLY ARMSTRONG, LARRY YANG	*
23 - 30	Essential Teachings on the Path of Awakening	MATTHEW BRENSILVER, JAYA RUDGARD, BRIAN LESAGE, SUSAN TALAN (YOGA)	1/26
30 - June 5	Power of Presence: A Woman's Meditation Retreat (Angela Center, Santa Rosa)	ANNA DOUGLAS, SPRING WASHAM, ANNE CUSHMAN, KATE JOHNSON (YOGA)	1/27
JUNE			
1 - 10	Through Dhamma Eyes with Awareness and Wisdom	STEVE ARMSTRONG, CAROL WILSON, ALEXIS SANTOS, FRANZ MOECKL (QIGONG)	2/2
11 - 15	Walking Our Path Together: Insight Meditation with LGBT*QI Community	ANUSHKA FERNANDOPULLE, PASCAL AUCLAIR	2/10
16 - 19	Invitation to Insight Meditation	HOWARD COHN, ERIN TREAT	2/16
20 - 26	Mindfulness Facilitators Retreat	MARK COLEMAN, DIANA WINSTON (CE CREDIT)	2/17
30 - July 4	Finding Freedom: A Silent Vipassana Retreat for People of Color	ANUSHKA FERNANDOPULLE, BONNIE DURAN, JOANNA HARPER	3/1
JULY			
5 - 10	Aging, Dying and Awakening (ages 55 and older)	ANNA DOUGLAS, EUGENE CASH, BONNIE DURAN	3/2
5 - 10	Natural Liberation: A Buddhist Insight Meditation Retreat (UWH)	WES NISKER, GROVE BURNETT	3/2
13 - 22	July Metta Retreat	SALLY ARMSTRONG, TEMPEL SMITH, HEATHER MARTIN, NIKKI MIRGHAFORI	2/23
22 - 31	July Insight Meditation Retreat (LOTTERY)	JOSEPH GOLDSTEIN, KAMALA MASTERS, ANNIE NUGENT, GEORGE MUMFORD	2/23
AUGUST			
3 - 7	Family Retreat	GIL FRONSDAL, VENERABLE CUNDA, KATE MUNDING, OFOSU JONES-QUARTEY	3/3
8 - 14	Insight Meditation for Young Adults (ages 18-32)	TEMPEL SMITH, DEBRA CHAMBERLIN-TAYLOR, SPRING WASHAM, LA SARMIENTO, TEJA BELL (QIGONG)	4/5
15 - 20	Moving Into Meditation with Mindful Yoga	ANNA DOUGLAS, SPRING WASHAM, ANNE CUSHMAN, ROLF GATES (YOGA)	4/13
21 - 30	Concentration Retreat	PHILLIP MOFFITT, SALLY ARMSTRONG, KAMALA MASTERS, PATRICK COFFEY	4/19
31 - Sep 5	Labor Day Insight Meditation Retreat	JAMES BARAZ, SHARDA ROGELL, HOWARD COHN, TERRY VANDIVER (YOGA)	4/26
SEPTEMBER			
12 - 18	Meditation and the Spirit of Creativity	ANNA DOUGLAS, ANNE CUSHMAN, BARBARA KAUFMAN (PAINTING), ALBERT FLYNN DESILVA (WRITING)	5/10
12 - 18	Mindfulness of Breathing Discourse: Study and Practice Retreat (UWH)	TEMPEL SMITH	5/10
19 - 25	Finding Freedom in the Body: Mindfulness of the Body as a Gateway to Liberation	MARY GRACE ORR, BOB STAHL, CHRISTIANE WOLF, MARCY REYNOLDS (QIGONG) (CE CREDIT)	5/18
24 - Oct 1	CDL5 Retreat 4 - (Garrison, NY)*	LARRY YANG, GINA SHARPE, EUGENE CASH, PAM WEISS	*
26 - Oct 2	Kind Awareness: The Integration of Metta and Vipassana	NOAH LEVINE, VINNY FERRARO, JOANNA HARPER	5/24

\* Open to program participants only



## RESIDENTIAL RETREATS MAY - DECEMBER 2016 (cont'd)

OCTOBER	RETREAT	TEACHERS	REGISTRATION OPENS
3 - 10	Reclaiming the Wisdom of the Mother of All Buddhas: A Women's Retreat	JOANNA MACY, DEBRA CHAMBERLIN-TAYLOR, SPRING WASHAM, ERIN TREAT	6/1
11 - 16	An Undefended Heart	HOWARD COHN, SPRING WASHAM	6/8
11 - 16	Natural Radiance: The Freedom of Awareness (UWH)	MARK COLEMAN	6/8
19 - 29	Fall Insight Meditation Retreat (LOTTERY)	JACK KORNFIELD, TRUDY GOODMAN, WES NISKER, LILA KATE WHEELER, WILL KABAT-ZINN, SPRING WASHAM, TEJA BELL (QIGONG)	5/17
30 - Nov 6	Maranasati: Contemplating Death/ Awakening to Life	EUGENE CASH, NIKKI MIRGHAFORI	6/28
30 - Nov 6	Liberate the Body - Stretch the Mind: Mindfulness Meditation & Yoga (UWH)	WES NISKER, MATTHEW BRENSILVER, KATCHIE ANANDA (YOGA)	6/28
NOVEMBER			
7 - 15	APP Retreat 2 (Spirit Rock)*	PHILLIP MOFFITT, GUY ARMSTRONG, SALLY ARMSTRONG, ADRIANNE ROSS	*
18 - 27	Thanksgiving Insight Meditation Retreat	WES NISKER, MATTHEW BRENSILVER, ERIN SELOVER, KATE MUNDING, TERRY VANDIVER (YOGA)	7/19
28 - Dec 4	From Mindfulness of Breath to Radiant Mind	DONALD ROTHBERG, SUSIE HARRINGTON, ERIN SELOVER	7/26
28 - Dec 4	Connecting Mind and Heart (UWH)	JAMES BARAZ, HEATHER MARTIN	7/26
DECEMBER			
5 - 11	In the Presence of Love: Metta & Qigong	SPRING WASHAM, TEMPEL SMITH, TEJA BELL (QIGONG)	8/3
14 - 17	Awakening in Every Moment: Mindfulness in Metta	SYLVIA BOORSTEIN, DANA DEPALMA, KONDA MASON (YOGA)	8/16
18 - 23	Solstice Insight Meditation Retreat	DONALD ROTHBERG, JOHN TRAVIS, HEATHER SUNDBERG	8/17
27 - Jan 1	New Year's Teen Retreat (age 15-19)	MATTHEW BRENSILVER & OTHERS	8/31
27 - Jan 3	New Years Insight Retreat (LOTTERY)	EUGENE CASH, PAM WEISS, ALEXIS SANTOS, NIKKI MIRGHAFORI, JANICE CLARFIELD (YOGA)	7/27

### 2017 FEBRUARY & MARCH, ONE- & TWO-MONTH RETREATS

REGISTRATION OPENS JULY 31

**Jan 28 - Feb 25, 2017**

February Insight Meditation  
One-Month Retreat (28 Nights)

JAMES BARAZ, CAROL WILSON, GUY ARMSTRONG,  
SALLY ARMSTRONG, ANDREA FELLA,  
BONNIE DURAN, MARTHA LINK (YOGA)

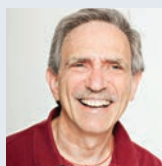
**Feb 25 - Mar 25, 2017**

March Insight Meditation  
One-Month Retreat (28 Nights)

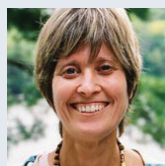
GIL FRONSDAL, ADRIANNE ROSS, PHILLIP MOFFIT,  
NIKKI MIRGHAFORI, ERIN TREAT

**Jan 28 - Mar 25, 2017**

Feb/March Two-Month Retreat (56 Nights)



James Baraz



Carol Wilson



Guy Armstrong



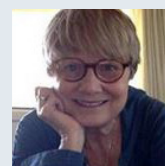
Sally Armstrong



Andrea Fella



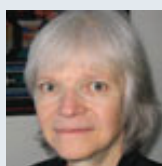
Bonnie Duran



Martha Link



Gil Fronsdal



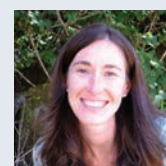
Adrienne Ross



Phillip Moffit



Nikki Mirghafari




Erin Treat

\* Open to program participants only



**MAY MAY  
2 - 8**

**Developing Compassion:  
The Fruit of Our Practice**   
MARY GRACE ORR, NORMAN FISCHER,  
CHRISTIANE WOLF,  
REBECCA KRONLAGE (YOGA)  
6 nights, Monday - Sunday



Mary Grace Orr



Norman Fischer



Christiane Wolf


This will be a retreat of silent mindfulness meditation practice and the practices of compassion. There will be some periods of inquiry, exploring the wise integration of compassion into our everyday lives, as well as guided practices for that integration. Norman Fischer is the author of *Training in Compassion: Zen Teachings on the Practice of Lojong*. In her teaching, Mary Grace Orr emphasizes the importance of developing compassionate presence in daily life



Rebecca Kronlage

Cost \$1320 - \$660 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 352R16

**MAY MAY  
17 - 22**

**Awakening Joy Retreat**   
JAMES BARAZ, DEBRA CHAMBERLIN-  
TAYLOR, HOWARD COHN, EVELYN LARSEN  
(MOVEMENT)  
5 nights, Tuesday - Sunday


**CE CREDIT AVAILABLE**

The Buddha was known as "The Happy One." However, the teachings often seem to emphasize working with suffering. Joy and happiness can seem frivolous or unspiritual even though joy is one of the Seven Factors of Awakening. In this retreat we will practice with an emphasis on cultivating wholesome states to develop our natural capacity for well-being and happiness. Our own development of well-being and joy then becomes our gift to a troubled world.

The retreat includes silent sitting and walking periods with instructions and practice and meetings with teachers, as well as some brief interactive afternoon sessions during the five days. This retreat is for both experienced and new students.

\$1100 - \$550 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 356R16

**MAY MAY  
9 - 15**

**Taking Refuge in What Is True**   
AYYA ANANABODHI,  
AYYA SANTACITTA, ANNE OLIVER (YOGA)  
6 nights, Monday - Sunday

**DANA RETREAT (BY DONATION)**

We spend much of our time planning for a future that never comes or dwelling on the past. The Buddha taught us how we can use each moment for waking up rather than staying caught in our thinking minds. Cultivating and relying on the Three Refuges, our lives take on greater depth and clarity. From this resourced place we start to recognize what to take up and what to give up – and actually do it. We welcome you to join us in deepening our understanding of refuge in these challenging times. The framework of the Precepts, Noble Silence, chanting and simple ceremonies will provide a monastic container to hold and inspire us during this retreat.

Cost Dana, \$150 refundable deposit, plus a donation to the teachers and retreat staff. Code 354R16

**MULTI-YEAR, MULTI-RETREAT PROGRAM**

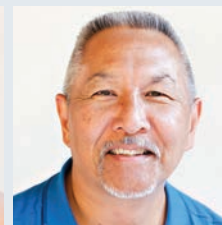
**MAY MAY  
22 - 29**

**Dedicated Practitioners  
Program Retreat (DPP 5)**   
ANDREA FELLA, TEMPEL SMITH,  
SALLY ARMSTRONG, LARRY YANG  
7 nights, Sunday - Sunday  
Angela Center, Santa Rosa

*Open only to those registered in the DPP 5 program.  
See p. 7 for information about DPP 6.*



Sally Armstrong

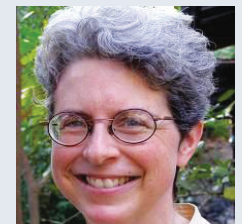


Larry Yang




Tempel Smith

The Dedicated Practitioners Program (DPP 5) is designed to support serious practitioners of Insight Meditation (Vipassana) in expanding understanding of the Dharma and strengthening practice. Structured as an intensive two-year lay practice period, DPP 5 offers a comprehensive curriculum of the Buddha's teachings. In addition to five training retreats, participants commit to maintaining their own practice, working with the monthly study and practice homework, maintaining contact with their interview teacher and meeting monthly with a study/practice partner.




Andrea Fella

**MAY 23 - 30** **Essential Teachings on the Path of Awakening**   
**MATTHEW BRENSILVER, JAYA RUDGARD, BRIAN LESAGE, SUSALAN (YOGA)**  
**7 nights, Monday - Monday**

Nobody tells us this when we're growing up, but being human is kind of a big deal. It feels great, it hurts, it's intense. We know it won't go on forever. Given this, what kind of happiness is possible for us? The Buddha suggested that we have underestimated the capacity of our heart. Retreat helps us to remember. In mindfulness meditation, we practice resting, looking deeply, knowing moment-by-moment what it's like to be human. Initially, some of us are hesitant to look because we're concerned about what we'll find. But our practice shows us that the more deeply we look, the more reason we have to love. Together, we'll sit in the refuge provided by a 2,600-year legacy of wisdom and kindness. In the silence, we come to know the preciousness of our life and the poignancy of the human condition. From this openness, so much goodness unfolds. In this silent retreat, we will explore essential Buddhist teachings and meditation practices. There will be systematic instructions in mindfulness meditation, as well as in loving-kindness practice. The evening talks will highlight key Buddhist teachings and their practical application to our lives. Throughout the retreat there are meetings with teachers to support you in your practice. There is a daily practice of mindful movement that nourishes the body and supports the meditation process.

*Cost \$1540 - \$770 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 360R16*

**JUN 1 - 10** **Through Dhamma Eyes with Awareness and Wisdom**   
**STEVE ARMSTRONG, CAROL WILSON, ALEXIS SANTOS, FRANZ MOECKL (QIGONG)**  
**9 nights, Wednesday - Friday**

Cultivating stable awareness of all experience is training in wisdom that reveals the true nature of reality. We see that everything that appears is simply the display of natural conditions giving rise to their lawful effect. When the mind is supported by skillful knowledge and is unclouded by confusion, greed or negativity, reality is accurately recognized. This is seeing our world through the eyes of the Dhamma and is the foundation for well-being and liberation. This silent retreat will offer complementary teachings and instructions integrated from various Buddhist meditative traditions on the "awareness of mind," one of the Four Foundations of Mindfulness taught by the Buddha. The qualities of *metta* arise naturally and spontaneously as we practice in this way. In this course, suitable for beginning as well as experienced students, the familiar SRMC schedule will also include self-scheduled periods of practice to enhance self-reliance, regular group check-ins with the teachers and an optional daily movement session led by Franz Moeckl.

*Cost \$1940 - \$970 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 364R16*

**MAY 30 - JUN 5** **Power of Presence: A Women's Meditation Retreat**  
**ANNA DOUGLAS, SPRING WASHAM, ANNE CUSHMAN, KATE JOHNSON (YOGA)**  
**6 nights Monday - Sunday**  
**Angela Center, Santa Rosa, California**

#### OPEN TO SELF-IDENTIFIED WOMEN

*"When women lose touch with their real selves, the harmony of the world ceases to exist and destruction sets in. It is therefore crucial that every woman, everywhere, make every effort to re-discover her fundamental nature, for only then can we save this world."*

*~ Mata Amritanandamayima (Ammachi)*

Join a diverse circle of women on the path of embodied presence in this silent meditation retreat designed to awaken the gifts, creativity and innate wisdom of women while addressing the particular suffering of women's bodies, hearts and lives. Whatever our age, ethnicity, body type or sexual orientation, as women we share a common longing to heal our hearts, awaken to our own inherent wholeness, honor our interconnectedness and take empowered action to help our world. Within the safe and nourishing container of this silent retreat, we'll cultivate an approach to meditative practice that honors the creative, intuitive, embodied and relational dimensions of a woman's spiritual journey. We will use the tools of mindfulness meditation, loving-kindness, body-based practices, mandala drawing, inquiry and community sharing to melt the personal and cultural conditioning that may keep us from experiencing our essential value.

*Cost: \$1320 - \$660 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 362R16*

**JUN 11 - 15** **Walking Our Path Together: Insight Meditation with LGBT\*QI Community**  
**ANUSHKA FERNANDOPULLE, PASCAL AUCLAIR**  
**4 nights, Saturday - Wednesday**

#### OPEN TO SELF-IDENTIFIED LGBT\*QI

Celebrate Pride month with community, cultivating wisdom, love and freedom through awareness. In this silent Vipassana retreat, we will have a chance to develop the liberation of heart and mind through practicing mindfulness while sitting, walking, eating and doing basic work meditation. Our practice will be supported by dharma talks, group meetings and Q & A with teachers. This retreat is open to beginners or experienced meditation practitioners. Come join us for a unique way of being together in community to celebrate the possibilities of our lives.

*Cost \$930 - \$465 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 366R16*

**JUN JUN**  
**16 - 19** **Invitation to Insight Meditation** ❄️  
**HOWARD COHN, ERIN TREAT**  
**3 nights, Thursday - Sunday**

The Buddha's way to overcome stress is an invitation to see for yourself what happens when you continuously place your attention in the present moment. If you open your senses and welcome life as it occurs, you can see that many of your problems are imaginary. On this retreat, using the tools of Insight Meditation, we will calm our bodies, brighten our minds and soften our hearts. With clarity and kindness we can see and remove the causes of distress.

*Cost \$880 - \$440 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 368R16*

**JUN JUL**  
**30 - 4** **Finding Freedom: A Silent** ❄️  
**Vipassana Retreat for People of Color**  
**ANUSHKA FERNANDOPULLE,**  
**BONNIE DURAN, JOANNA HARPER**  
**4 nights, Thursday - Monday**

#### OPEN TO SELF-IDENTIFIED PEOPLE OF COLOR

Dharma practice offers us a way to develop a deep and abiding freedom beyond external conditions and changing circumstances. In this silent, intensive meditation retreat, we will be practicing sitting and walking meditation as well as cultivating mindfulness in daily activities such as eating and basic work meditation. Our practice will be supported by dharma talks, group meetings and Q & A with teachers. Participants will be expected to practice the meditation practices offered by the teachers and participate in the group schedule (this is not a self-retreat opportunity). Come learn what the Dharma can offer to support our well-being and liberation. Open to self-identified people of color at all levels of meditation experience. All participants observe Noble Silence throughout the program. You will be asked to let go and refrain from all your communication and technology devices as well as to refrain from communicating with your fellow practitioners. In addition, participants will be required to attend the entire duration of the retreat; NO late arrivals, early departures or partial attendance.

*Cost \$300 - \$150 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 372R16*

*“We don't have to take our personality so personally.”*

— WES "SCOOP" NISKER

**JUN JUN**  
**20 - 26** **Mindfulness Facilitators Retreat**  
**MARK COLEMAN, DIANA WINSTON**  
**6 nights, Monday - Sunday**

#### CE CREDIT AVAILABLE

Cosponsored by UCLA's Mindful Awareness Research Center, this retreat is for those who are currently facilitating or plan to be facilitating



Mark Coleman



Diana Winston

mindfulness, or for clinicians using mindfulness in therapeutic interventions. For those who currently facilitate or plan to facilitate mindfulness, this unique retreat will offer an experiential understanding of mindfulness practice through retreat format as well as tools, exploration, guidance and support around facilitation. On this retreat you will: deepen your understanding of mindfulness meditation in an intensive retreat format; refine your capacity to facilitate mindfulness meditation and its related disciplines; study issues and themes relevant to facilitation such as diversity presence and embodiment; understand latest scientific research on mindfulness and its efficacy; and enjoy a rich community of like-minded mindfulness practitioners and facilitators. During this mostly silent Insight Meditation retreat, we will contextualize contemporary mindfulness approaches within the Buddhist tradition.

*Cost \$1500 - \$750 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 370R16*

**JUL JUL**  
**5 - 10** **Natural Liberation:**  
**A Buddhist Insight Meditation Retreat**  
**WES NISKER, GROVE BURNETT**  
**5 nights, Tuesday - Sunday, Upper Walking Hall**

During this traditional Insight Meditation retreat, we will follow the advice of the Buddha and hold many of our sessions at the base of a grand old California oak tree in the beautiful natural setting of Spirit Rock. People who have done meditation practice in nature are profoundly moved by the experience and often report a new sense of enchantment and connection with the world. This retreat will be held in silence and follow a traditional schedule of sitting and walking meditation. The dharma talks and discussions will present both traditional Buddhist views of self and reality, as well as some of the latest information from evolutionary biology, deep-ecology and psychology to support and guide the meditations. The retreat is suitable for both beginning and advanced meditation students. Recommended reading for this retreat is Wes Nisker's book, *Buddha's Nature*.

*Cost \$1100 - \$550 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 375R16*



**JUL JUL**  
**5 - 10** **Aging, Dying and Awakening**  
**ANNA DOUGLAS, EUGENE CASH,**  
**BONNIE DURAN**  
**5 nights, Tuesday - Sunday**



Anna Douglas

Eugene Cash

Bonnie Duran

**OPEN TO AGES 55 + OLDER**


Living life fully includes aging and dying. It's a natural process, and ripe with spiritual possibilities. Aging brings loss; what we once assumed to be "ours" slips away, revealing the pervasive truth of impermanence. But even as our memory slides, our cognitive speed slows down, and our bodies become more fragile, qualities of the heart reveal themselves. We see that the potential for wisdom and compassion does not depend on the state of the body or on our age, but rather on the training of the mind to abide in timeless awareness. It is best to begin this training before you are ill or dying. Then, like a treasured friend, your own mind can accompany you through the challenges of aging, loss, illness and dying. Right now, we know we will die but we do not know when or how. Through engaging in a variety of contemplations on death in the communal space of retreat, our confidence in our capacity to meet death peacefully increases. Join a group of your peers who are interested in life after 55 as a new stage of life, one which offers opportunities for deepening in wisdom and compassion and loosening our fears around dying. Teachings will offer a blend of the traditional ancient wisdom of the Buddhadharma with more contemporary views and resources for helping us prepare for death. This is a silent retreat with one period a day of interactive contemplative inquiry in dyads or small groups. In addition, there will be daily instructions in mindfulness, meetings with the teachers, dharma talks and qigong.

*Cost \$1100 - \$550 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 374R16*

**JUL JUL**  
**13 - 22** **July Metta Retreat**   
**SALLY ARMSTRONG, TEMPEL SMITH,**  
**HEATHER MARTIN, NIKKI MIRGHAFORI**  
**9 nights, Wednesday - Friday**

*Metta* is the Pali term for friendship, goodwill or loving-kindness. In this retreat we will develop metta as a meditation practice, which cultivates our natural capacity for an open and loving heart towards ourselves and all other beings. We will also develop the practices of compassion, joy and equanimity. Metta practice leads to greater acceptance of ourselves and others, revealing our fundamental connectedness to all life. The schedule will include regular periods of mindful movement, as we find this is a helpful complement to the loving-kindness meditation.

*Cost \$2210 - \$1105 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 376R16*

**JUL JUL**  
**22 - 31** **July Insight Meditation Retreat**   
**(LOTTERY)**  
**JOSEPH GOLDSTEIN, KAMALA MASTERS,**  
**ANNIE NUGENT, GEORGE MUMFORD**  
**9 nights, Friday - Sunday**

The emphasis during this retreat will be on the continuity of awareness in all activities, which stabilizes and balances the mind. Relaxed acceptance of our moment-to-moment experience becomes the platform for investigation and wisdom. Particular attention will be paid to the attitudes in the mind that condition our understanding. This retreat is suitable for both beginners and experienced meditators. We welcome people from all life experiences, backgrounds and diverse communities.

*Cost \$2390 - \$1195 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 378R16*

**AUG AUG**  
**3 - 7** **Family Retreat (LOTTERY)**  
**GIL FRONSDAL, KATE MUNDING,**  
**VENERABLE CUNDA,**  
**OFOU JONES-QUARTEY**  
**4 nights, Wednesday - Sunday**

For more information please see p. 31.  
*Cost \$1130 - \$565 adult; \$710 - \$355 child sliding scale, plus a donation to the teacher(s) and retreat staff. Code 380R16*

**AUG 8 - 14** Insight Meditation Retreat for Young Adults (age 18-32) 

TEMPEL SMITH, DEBRA CHAMBERLIN-TAYLOR, SPRING WASHAM, LA SARMIENTO, TEJA BELL (QIGONG)

6 nights, Monday - Sunday

OPEN TO AGES 18-32

In this retreat we will quiet our minds and open our hearts through the practices of mindfulness, insight and loving-kindness meditations. Together we will come to see that freedom is possible through meeting ourselves, our relationships and our world more fully with deepening wisdom, compassion and acceptance. This retreat will include silent and guided meditations, periods of sitting and walking meditation, qigong, practice meetings with the teachers, dharma talks and a chance to build community.

Cost \$1320 - \$660 sliding scale, plus a donation to the teacher(s) and



Tempel Smith



Debra Chamberlin-Taylor




Spring Washam



La Sarmiento



Teja Bell


**AUG 15 - 20** Moving into Meditation with Mindful Yoga 

ANNA DOUGLAS, SPRING WASHAM, ANNE CUSHMAN, ROLF GATES (YOGA)

5 nights, Monday - Saturday

Cultivate an embodied awakening of mind and heart in this silent retreat that blends the traditions of yoga and Insight Meditation (Vipassana). Through an integrated flow of meditation in movement and in stillness, we discover that what we call "body" and what we call "mind" are different aspects of the same living presence. Each day includes two sessions of mindful yoga practice – suitable to all levels of yoga experience and physical ability – with an emphasis on sensing, nourishing and fully inhabiting the body. As you open, relax, energize and attune your body and nervous system, you'll learn to sustain these qualities in your seated meditation and throughout the rest of your life.

Cost \$1100 - \$550 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 384R16

**AUG 21 - 30** Concentration Retreat 

PHILLIP MOFFITT, KAMALA MASTERS, SALLY ARMSTRONG, PATRICK COFFEY

5 nights, Monday - Saturday

PREREQUISITE: Two 7-night or three 5-night silent insight meditation retreats.

Concentration (*samadhi*), the collection and unification of the mind, was emphasized by the Buddha as one of the aspects of the Eightfold Path. It can bring joy to your practice and lead to the skillful use of pleasure in the meditative process. Whatever your level of practice, you can improve your Insight Meditation (Vipassana) by strengthening your concentration skills. Your ability to concentrate will develop in response to the attention you give it. This retreat offers a series of techniques for staying on the meditation object for extended periods of time. We will explore the factors of concentration that lead to the deep absorption states known as *jhana*. Teachers will also give instruction for utilizing concentration during insight practice.

Cost \$2210 - \$1105 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 386R16

*"Breath by breath, step by step, we deepen our intimacy with life. This opens us up to what is beautiful and also gives us a capacity to be conscious during difficult times as well.*

*The more aware we are, the better the choices we make."*

— TEMPEL SMITH

**AUG 31 - SEP 5** **Labor Day Insight Meditation Retreat**  
**JAMES BARAZ, SHARDA ROGELL, HOWARD COHN,**  
**TERRY VANDIVER (YOGA)**  
**5 nights, Wednesday - Monday**



James Baraz

Sharda Rogell

Howard Cohn

This retreat emphasizes quieting the mind, opening the heart, and developing clarity and depth of practice. Traditional instructions will be combined with a spirit of loving-kindness and silent sitting, walking, dharma talks and meetings with the teachers. This is a good retreat for both beginning and experienced students.



Terry Vandiver

Cost \$1100 - \$550 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 388R16

**SEP 12 - SEP 18** **Meditation and the Spirit of Creativity**  
**ANNA DOUGLAS, ANNE CUSHMAN,**  
**ALBERT FLYNN DESILVER (WRITER),**  
**BARBARA KAUFMAN (PAINTER)**  
**6 nights, Monday - Sunday**

This is a silent retreat for writers, painters and anyone wanting to deepen their contact with the creative spirit. Alternating between stillness and creative activity provides fertile ground for the flowering of one's unique expression. In addition to the usual schedule of sitting and walking meditation, we will offer two tracks of creative pursuit – one for painters with master teacher, Barbara Kaufman, and one for writers with Albert Flynn DeSilver, a writer and dharma teacher. There will be two hours of studio time in the morning and two hours in the evening. Meditation instructions, daily yoga/movement, dharma talks and interviews will be offered. Prior silent retreat experience is recommended, not mandatory.

Cost \$1320 - \$660 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 392R16

**SEP 12 - SEP 18** **The Mindfulness of Breathing Discourse: A Study, Discussion and Practice Retreat**  
**TEMPEL SMITH**  
**6 nights, Monday - Sunday, Upper Walking Hall**



In the *Anapanasati Sutta* the Buddha describes a direct path to liberation by a carefully graduated development of mindfulness of breathing. Through 2,600 years this teaching has become the central path of meditation to dispel deeply held confusion and habits of craving leading to suffering. With the development of mindfulness of the breath, the discourse goes on to describe developing mindfulness of breathing as a basis of meditating on the classic Four Foundations of Mindfulness (body, pleasure/pain, mind states and mental processes). With these practices the meditator has the direct experience of impermanence, unsatisfactoriness and non-self. From this, wrong views drop away and unqualified peace and contentment arise. To support the study aspect of the retreat, we will read traditional and modern interpretations of this discourse. This retreat is held in Noble Silence except for presentations, reflections, shared group dialogue and interaction in the morning and evening. There will be formal silent practice periods before breakfast, during the meals, and each afternoon.

Cost \$1320 - \$660 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 393R16

**SEP 19 - SEP 25** **Finding Freedom in the Body: Mindfulness of the Body As a Gateway to Liberation**  
**MARY GRACE ORR, BOB STAHL,**  
**CHRISTIANE WOLF,**  
**MARCY REYNOLDS (QIGONG)**  
**6 nights, Monday - Sunday**

**CE CREDIT AVAILABLE**

This retreat is suitable for both beginning and experienced meditators. We will work primarily with the first of the Four Foundations of Mindfulness – mindfulness of the body. The 32 Parts of the Body meditation has rarely been taught in the West; you will be introduced to it from an Insight perspective of the true nature and wonders of the body. This practice has also been used for healing illness and most importantly to help eradicate the erroneous view of self. Various methods will be taught to strengthen mindfulness of the body and to explore the mind/body connection. We will follow the usual format of an Insight Meditation (Vipassana) retreat, with periods of sitting and walking practice, as well as qigong sessions for further exploration of mindfulness of the body.

Cost \$1320 - \$660 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 394R16



## MULTI-YEAR, MULTI-RETREAT PROGRAM

SEP OCT  
**24 - 1** Community Dharma  
Leaders (CDL5) Retreat 4  
LARRY YANG, GINA SHARPE,  
EUGENE CASH, PAMELA WEISS  
7 nights, Saturday - Saturday  
Garrison Institute, New York



*Open only to those registered in the CDL5 program.*

This is the fourth retreat in the 5-retreat, 2-year Community Dharma Leaders Program, which offers training and support for committed dharma practitioners who have the potential to develop leadership skills.



SEP OCT  
**26 - 2** Kind Awareness: The Integration of  
Metta and Vipassana

NOAH LEVINE, VINNY FERRARO,  
JOANNA HARPER  
6 nights, Monday - Sunday



Noah Levine



Vinny Ferraro



JoAnna Harper

At this Insight Meditation retreat, we focus our attention on our breath, body, heart and mind. The instructions will be based upon the Four Foundations of Mindfulness in combination with exercises in loving kindness and compassion. Each day will include periods of sitting and walking meditation, dharma talks and interviews.

Cost \$1320 - \$660 sliding scale, plus a donation to the teacher(s) and retreat staff. Code 202R16

## RESIDENTIAL RETREAT INFORMATION



### Registration

Retreats open for registration four months before the start date (longer if a lottery retreat). Check our website for specific open dates. We encourage you to register online; however, you may also download application forms to submit via fax or mail.

In addition to the registration fees, which only cover a portion of the retreat costs, you are invited to support the teachings and the retreat through the spiritual practice of generous giving or "dana." Participants will be invited to offer dana (donations) for the teachers, managers and cooks who otherwise are not compensated for their work.

### Costs, Financial Assistance, Work Exchange and Young Adult Rates

Financial assistance is available for all residential retreats through our scholarship funds; there are limited scholarship funds available, please apply early. For all residential retreats, we offer a limited number of Young Adult special rate accommodations available on a first-come, first-served basis. We do not have a Senior rate for residential retreats; however, we strongly encourage you to apply for a scholarship if you require financial assistance. For most retreats, we have two work retreatant roles — one in the kitchen and one in housekeeping. To apply as a work retreatant, you must meet the criteria outlined on the website [spiritrock.org](http://spiritrock.org).

### Cancellation Fees

In general, the cancellation fee schedule is as follows: \$100 for cancellation 8 weeks or more before a retreat; \$175 for cancellation 4-8 weeks before a retreat; \$225 for cancellation 1-4 weeks before a retreat; \$300 for cancellation 1 week before a retreat. No refunds as of 3:00 pm on the last business day prior to the retreat start day. To cancel a retreat reservation, contact [Retreats@spiritrock.org](mailto:Retreats@spiritrock.org) or (415) 488-0164.

# Spirit Rock Teachers Council



**AYYA ANANABODHI** has practiced meditation since 1989 and lived in Amaravati and Chithurst monasteries in the UK for 18 years. In 2009, she moved to the US to help establish Aloka Vihara, a training monastery for women, where she now resides.



**GUY ARMSTRONG** has been practicing Insight Meditation for more than 30 years and began teaching in 1984. He spent a year as a Buddhist monk in Thailand. Guy is a Guiding Teacher of Insight Meditation Society (IMS).



**SALLY ARMSTRONG** began practicing Insight Meditation in 1981 and teaching in 1996. She has served at Spirit Rock in a number of roles and is co-founder and co-teacher of the Dedicated Practitioners Program. She is a Co-Guiding Teacher at Spirit Rock.



**JAMES BARAZ** has practiced Insight Meditation since 1974 and has been teaching since 1980. James leads ongoing meditation and Awakening Joy classes in Berkeley. He is the author of *Awakening Joy* with Shoshana Alexander.



**SYLVIA BOORSTEIN** has been teaching since 1985 and teaches both Vipassana and metta meditation. Her many books include *That's Funny, You Don't Look Buddhist* and *Happiness Is an Inside Job*.



**EUGENE CASH** is a founding teacher of San Francisco Insight. He is also the co-founder and co-teacher of the Dedicated Practitioners Program. In addition, he teaches the Diamond Approach® in San Francisco and Holland.



**DEBRA CHAMBERLIN-TAYLOR** has been leading retreats since 1978. In addition to practicing Vipassana, she has been influenced by Dzogchen and Diamond Heart®. She also leads workshops on embodiment of awareness and conscious relationships.



**HOWARD COHN** has led vipassana retreats since 1985 and leads a weekly sitting group in San Francisco. He has studied with teachers of several traditions, including Theravada, Zen and Dzogchen, and has been strongly influenced by H.W.L. Poonja.



**MARK COLEMAN** has been teaching Insight Meditation retreats since 1997. He also leads wilderness meditation retreats, integrating mindfulness meditation with nature, and is the author of *Awake in the Wild*.



**DANA DEPALMA** has practiced Insight Meditation since 1993. She holds a Masters Degree in Counseling Psychology and is a licensed Marriage and Family Therapist. She is the Spirit Rock Staff Dharma Teacher and leads a weekly meditation and yoga class at Spirit Rock.



**ANNA DOUGLAS** has a background in psychology and art, in addition to more than 25 years of vipassana practice. She has also studied with teachers in the Zen, Advaita and Dzogchen traditions.



**ANDREA FELLA** has practiced Insight Meditation since 1996 and began teaching in 2003. She teaches at the Insight Meditation Center in Redwood City, CA, and around the US.



**ANUSHKA FERNANDOPULLE** has trained for more than 20 years in the Theravada tradition in the US, India and Sri Lanka. She is on the teaching team at San Francisco Insight and the Leadership Sangha at East Bay Meditation Center, and is lead teacher of the San Francisco LGBT sangha.

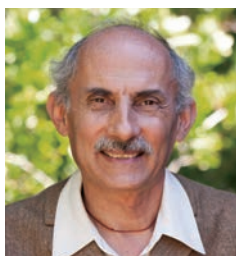


**GIL FRONSDAL** has practiced Zen and Vipassana since 1975 and holds a PhD in Buddhist Studies from Stanford. He is founding teacher of the Insight Meditation Center in Redwood City, CA, and author of a translation of *The Dhammapada*.



**WILL KABAT-ZINN** has practiced Vipassana meditation intensively in the US and in Burma for more than ten years. He currently teaches regularly at San Francisco Insight, Spirit Rock and at meditation centers around the US.





**JACK KORNFIELD** trained as a Buddhist monk in Thailand, India and Burma and holds a PhD in clinical psychology. He has taught meditation since 1974 and is a founding teacher of IMS and Spirit Rock. His books include *A Path with Heart* and *The Wise Heart*.



**PHILLIP MOFFITT** has practiced Vipassana since 1983. He is founder and president of the Life Balance Institute. He is a Co-Guiding Teacher at Spirit Rock and the author of *Dancing with Life* and *Emotional Chaos to Clarity*.



**WES "SCOOP" NISKER** is a meditation teacher, author, radio commentator and performer. His books include *Essential Crazy Wisdom* and *Crazy Wisdom Saves the World Again!*



**MARY GRACE ORR** is a vipassana teacher and former Guiding Teacher of Santa Cruz Insight. She has practiced many spiritual disciplines for the past 25 years and has trained in the Diamond Approach®.



**SHARDA ROGELL** began teaching Insight Meditation in 1985. She brings a strong emphasis to awakening heartfulness and has been influenced by non-dual teachings, Dzogchen and the Diamond Approach®.



**DONALD ROTHBERG** has practiced meditation since 1976. He is the guiding teacher for the Path of Engagement program. He is the author of *The Engaged Spiritual Life* and co-teaches the Wednesday morning class at Spirit Rock.



**TEMPEL SMITH** has been practicing metta and Insight Meditation since 1989, including a year as a fully ordained monk in Burma. He graduated from the Teacher Training program led by Jack Kornfield at Spirit Rock and has been leading retreats for more than ten years.



**JOHN TRAVIS** founded Mountain Stream Meditation in 1993 and opened a center in Nevada City, CA, in 2013. He has practiced meditation for almost 50 years and spent a decade living in Asia.



**SPRING WASHAM** has practiced meditation since 1997. She is a founding teacher of the East Bay Meditation Center in Oakland, CA. Spring is considered a pioneer in bringing mindfulness-based meditation practices to inner city communities.



**JULIE WESTER** has been a teacher of Insight Meditation since 1985 and is a senior meditation teacher at Spirit Rock. A student of sacred feminine wisdom traditions, her primary teachers have included Ruth Denison, Joanna Macy, Lama Tsultrim Allione and the women of her own family lineage.

## Teachers Emeritus



**DIANA WINSTON** is the Director of Mindfulness Education at UCLA's Mindful Awareness Research Center. She has practiced Vipassana since 1989, including a year as a Buddhist nun in Burma, and is the author of *Fully Present* and *Wide Awake: A Buddhist Guide for Teens*.



**LARRY YANG** is a longtime meditator trained as a psychotherapist. He is interested in creating access to the Dharma for communities who have felt the experience of exclusion or difference. Larry is a teacher at the East Bay Meditation Center.



**AJAHN AMARO** trained in Thailand with Ajahn Chah and Ajahn Sumedho. He is the former co-abbot of Abhayagiri Buddhist Monastery near Ukiah, CA. He is now abbot of Amaravati Monastery in the UK.



**ROBERT HALL, MD**, is a physician of the body/mind, a psychiatrist, poet and meditation teacher. He is a pioneer of the integration of bodywork, psychotherapy and spiritual practice. He lives and teaches at El Dharma in Todos Santos, Mexico.



# Visiting Teachers

For complete teacher bios, please visit [spiritrock.org](http://spiritrock.org)



**KATCHIE ANANDA** is a yoga teacher and trainer, certified in Anusara, Jivamukti, Integral and Ashtanga yoga. *Yoga Journal* named her one of the top five yoga teachers making change in the world.



**NOLIWE ALEXANDER** teaches various sitting groups in the San Francisco Bay Area and facilitates community workshops and Buddhist meditation day-longs and classes. She is also a business coach, dedicating her practice to the POC, LGBT, at-risk and elder communities.



**LAMA TSULTRIM ALLIONE** was the first American woman to be ordained as a Tibetan Buddhist nun in 1970. She is the author of *Women of Wisdom* and founder of Tara Mandala retreat center in Pagosa Springs, CO.



**STEVE ARMSTRONG** has studied the Dharma and practiced Insight Meditation since 1975. Steve is a co-founding teacher of the Vipassana Metta Foundation's dharma sanctuary on Maui. He has led meditation retreats internationally since 1990.



**PASCAL AUCLAIR** has been immersed in Buddhist practices since 1997. He is a co-founder of True North Insight Meditation Centre in Ottawa, ON, Canada.



**JANE BARAZ, MA**, teaches Mindfulness Based Stress Reduction (MBSR) at UCSF's Osher Center for Integrative Medicine. She's also a trained teacher in Mindful Self-Compassion (MSC).



**PAWAN BAREJA, PhD**, has a body-oriented counseling practice based on Peter Levine's Somatic Experiencing™ (SE) work for coping with trauma and life changes, and is also an assistant in SE Trainings.



**TEJA BELL** teaches qigong, martial arts, healing energy practices, Aikido and the Chinese Internal Arts. He is a fully ordained Rinzaï Zen priest.



**TARA BRACH, PhD**, is a clinical psychologist, lecturer and popular teacher of Buddhist mindfulness (vipassana) meditation. Tara is the author of *Radical Acceptance* and *True Refuge*.



**MATTHEW BRENSILVER, PhD**, began in the Tibetan tradition and has studied with Shinzen Young since 2003. He served as a Buddhist chaplain at USC and teaches at UCLA's Mindful Awareness Research Center.



**JANICE CLARFIELD** has an international reputation as an inspiring teacher/practitioner of yoga, meditation and energy healing. She has been teaching an eclectic, integrative and contemplative approach to the practice.



**GROVE BURNETT** is a nationally acclaimed meditation teacher and professional mindfulness trainer. He has practiced meditation for over 25 years and is founder and guiding teacher of the Vallecitos Mountain Ranch in Taos, NM.



**PATRICK COFFEY** has over 30 years of meditation experience, including intensive retreat practice under the guidance of Pa Auk Sayadaw. He teaches internationally and founded the Insight Meditation Community of Charlottesville, VA.



**VENERABLE CUNDA** was ordained a Bhikkhu in 2008. He trained at Abhayagiri Monastery before moving to Tisarana Monastery in 2014.



**ANNE CUSHMAN** is the co-director of Spirit Rock's Mindfulness Yoga and Meditation Training. She's the author of the novel *Enlightenment for Idiots* and the spiritual India travel guide, *From Here to Nirvana*.



**BONNIE DURAN** has been practicing Mindfulness Meditation since 1982. She is one of founders of The People of Color Sangha in Albuquerque, NM, and in Seattle. She is currently in the SRMC/IMS/IMC Teacher Training Program.



**VINNY FERRARO** is the Senior Trainer for Mindful Schools in Oakland and a nationally recognized leader in designing and implementing interventions for at-risk youth.



**NORMAN FISCHER** is a poet and Zen Buddhist Priest. He is senior Dharma teacher at the San Francisco Zen Center and is the founder and spiritual director of the Everyday Zen Foundation.



**GRACE FISHER** is a licensed Marriage and Family Therapist with a private practice in San Anselmo, CA. She is a former lawyer who holds Masters degrees in in Education and Counseling Psychology.



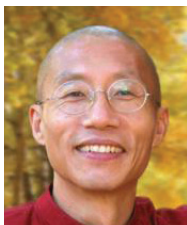
**ROLF GATES** conducts yoga workshops, retreats, teacher trainings, coaching and mentorship programs throughout the US and abroad. He is the author of *Meditations from the Mat* and *Meditations on Intention and Being*.



**JOSEPH GOLDSTEIN** is a co-founder and guiding teacher of Insight Meditation Society (IMS) in Barre, MA. He is the author of several dharma books, including *A Heart Full of Peace*.



**TRUDY GOODMAN, PhD,** is founder and Guiding Teacher of InsightLA and is the Guiding Teacher and co-founder of the Institute for Meditation and Psychotherapy in Cambridge, MA.



**MINGTONG GU** is an internationally recognized teacher and healer who received his training from grandmasters of China and Tibet and at the world's largest qigong hospital. He is the founder of the Chi Healing Center in Petaluma, CA.



**LINDA GRAHAM, MFT,** is an experienced psychotherapist and meditation teacher who integrates modern neuroscience, mindfulness practices and relational psychology in her nationwide trainings. She is the author of *Bouncing Back*.



**SUSIE HARRINGTON** teaches meditation nationwide and is the guiding teacher for Desert Dharma, which serves many communities in the Southwest near her home in Moab, UT.



**RICK HANSON** is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and *New York Times* best-selling author. His books include *Hardwiring Happiness* and *Buddha's Brain*.



**JOANNA HARPER** has been practicing multiple traditions since 1999. She works with at-risk youth and non at-risk youth in institutional and school settings, is a graduate of Noah Levine's Against the Stream teacher training and is currently in the SRMC/IMS/IMC teacher Training Program.



**NARAYAN HELEN LIEBENSON** is a guiding teacher at Cambridge Insight Meditation Center where she has taught since 1985. She is a guiding teacher at Insight Meditation Society (IMS) in Barre, MA.



**KATE JOHNSON** is a yogi and meditation teacher in NYC where she teaches yoga and mindfulness meditation to high school students in public schools.



**OFOSU JONES-QUARTEY** has been teaching the Insight Meditation Community of Washington's (IMCVW) Family Meditation Class since 2008. He has been working with Minds, Inc., bringing mindfulness practice to schools since 2014.



**BARBARA KAUFMAN** is co-founder and Executive Director of CCE Painting Studio. She has been a teacher of the creative process for over 23 years.



**LILA KATE WHEELER** is a writer and teaches and practices in the Vipassana and Tibetan Nyingma Buddhist lineages.



**BYRON KATIE** is the author of *Loving What Is* and *A Thousand Names for Joy* and creator of a method of inquiry called The Work.



**RUTH KING** has practiced Vipassana since 1992. She has a Master's degree in Clinical Psychology and is a graduate of the Dedicated Practitioners Program of Spirit Rock Meditation Center.



**REBECCA KRONLAGE** is a Senior Kripalu Yoga Teacher and has been a yoga practitioner, meditator and holistic educator for over 25 years.



**EVELYN LARSEN, MA,** offers movement and dance classes that open the door to exploration, enjoyment and embodiment. Evelyn lives in Berkeley, CA, teaches daily at the Berkeley YMCA, and has a private practice in movement therapy.



**BRIAN LESAGE** has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He leads retreats and teaches meditation courses nationwide and has a private practice in Somatic Experiencing™.



**NOAH LEVINE** is the founder of the Against The Stream Buddhist Meditation Society with centers in LA and San Francisco. Noah has created a process of addiction recovery based on the Dharma called Refuse Recovery.



**MARTHA LINK** has been practicing and teaching hatha yoga since 1984. In 1999 she began vipassana practices at Spirit Rock, and her yoga classes gradually shifted to a more concentrated, mindful style of teaching.



## SPIRIT ROCK VISITING TEACHERS | MAY - AUG 2016



**HEATHER MARTIN** has practiced different forms of meditation for over 30 years. She's been teaching in Southwestern Canada and in the US since 2000. She worked for 20 years as a midwife.



**KONDA MASON** has been teaching yoga as a certified Kripalu Yoga teacher for 20 years. She is one of the co-founders of the International Association of Black Yoga Teachers and is a Spirit Rock board member.



**KAMALA MASTERS** is a co-founder and guiding teacher of the Vipassana Metta Foundation in Kula, HI, and is currently developing a dhamma sanctuary on Maui.



**NIKKI MIRGHAFORI** is a Stanford-trained compassion cultivation instructor and a UCLA-trained mindfulness facilitator. She is currently in the SRMC/IMS/IMC Teacher Training Program.



**FRANZ MOECKL** has practiced taiji and qigong for more than 30 years and has taught at Jon Kabat-Zinn's Stress Reduction Clinic in Worcester, MA.



**KATE MUNDING** has been practicing and studying mindfulness meditation since 2004. She completed the Dedicated Practitioners Program through Spirit Rock, and is currently in the Spirit Rock/IMS/IMC Teacher Training.



**GEORGE MUMFORD** is a sports-psychology consultant for the Boston College men's basketball team and LA Lakers meditation coach, as well as author of *The Mindful Athlete: The Secret to Pure Performance*.



**ANNIE NUGENT** has practiced in the Theravada and Tibetan traditions since 1979 under the guidance of a range of teachers including Sayadaw U Pandita, Tulku Akong Rinpoche and various western teachers.



**ANNE OLIVER** is a certified Integrative Yoga Therapy teacher and Somatic Yoga Therapist. She is also certified to teach Yoga 4 Cancer.



**VENERABLE PANNAVATIA**, a yogini, former Christian pastor, founding Co-Abbot of Embracing Simplicity Hermitage in Hendersonville, NC, and a founding director of Sisters of Compassionate Wisdom, is ordained in Theravada and Chan Schools.



**ISABELITA PAPA**, a certified Wild Goose Qigong teacher, has practiced and taught qigong for 15 years. She is a respected teacher and healer in the San Francisco Bay Area and Hawaii, with expertise in spiritual curing modalities and qigong.



**AJAHN PASANNO** is the abbot of Abhayagiri Buddhist Monastery in Redwood Valley, CA. He was ordained in Thailand in 1974 and spent 24 years living there, becoming Abbot of Wat Pah Nanachat, a forest monastery established by Ajahn Chah for westerners.



**MARCY REYNOLDS** is a long time practitioner of qigong and Vipassana Meditation. She currently teaches Mindfulness-based Stress Reduction at El Camino Hospital and qigong at Insight Santa Cruz.



**SAKTI ROSE** is a senior Somatic Experiencing™ Practitioner and teaches mindfulness meditation in hospitals and meditation centers.



**ADRIANNE ROSS, MD**, has been involved with meditation and healing since 1978. She teaches Mindfulness-Based Stress Reduction to people with chronic pain and illness.



**JAYA RUDGARD** teaches mindfulness and Dharma in the UK and elsewhere and is currently in the SRMC/IMS/IMC Teacher Training Program.



**AYYA SANTACITTA** has practiced meditation since 1988. Ayya Santacitta is co-founder of Aloka Vihara Forest Monastery in Placerville, CA, and received Bhikkhuni ordination in 2011.



**ALEXIS SANTOS** has practiced Insight Meditation in India, Burma and the US since 2001. He is in the current Spirit Rock/IMS/IMC Teacher Training Program and can be found assisting at retreats throughout the US.



**ERIN SELOVER** teaches mindfulness-based classes throughout the San Francisco Bay Area in schools, mental health settings and the private sector. She is a psychotherapist and is currently in the Spirit Rock/IMS/IMC Teacher Training Program.



**LA SARMIENTO** has been practicing Vipassana since 1998, is a Guiding Teacher and Senior Retreat Manager for the Insight Meditation Community of Washington, DC, and is the guiding teacher of the IMCW LGBTQ and People of Color Sanghas.



**GREG SCHARF** trained as a Buddhist monk in Burma and has been teaching residential retreats since 2007.





**RICHARD SHANKMAN** teaches at dharma centers and groups nationally, including Spirit Rock and IMS. He has been a meditator since 1970 and is the guiding teacher of the Metta Dharma Foundation in Berkeley, CA.



**ASHLEY SHARP** has studied yoga with Swami Dayananda, Erich Schiffmann, Patricia Sullivan and Sat Santokh Sing and completed an 18-month Mindfulness and Yoga Training at Spirit Rock.



**HEATHER SUNDBERG** is a graduate of the Spirit Rock/IMS Teacher Training and was the Spirit Rock Family Program Teacher & Manager for a decade. She teaches at Mountain Stream Meditation Center in the Sierra Foothills.



**LAMA SURYA DAS** has spent over 40 years studying with the great spiritual masters of Asia. He is the founder of the Dzogchen Center in Garrison, NY, and author of the international bestseller *Awakening the Buddha Within*.



**SUSA TALAN** is a long-time student of yoga and Insight Meditation. Her movement classes are informed by her study of meditation, yoga, tai chi and qigong with various teachers internationally.



**GEORGE TAYLOR** is a national leader in the men's community movement and author of *Talking with Our Brothers*. He is a licensed marriage and family counselor and co-facilitator of the Courage to Love relationship groups and retreats with Debra Chamberlin-Taylor.



**ANAM THUBTEN** is the founder and spiritual advisor of Dharmata Foundation in Richmond, CA, and teaches widely in the US and abroad. His books in English include *The Magic of Awareness* and *No Self, No Problem*.



**JOHN TRAVIS** is a senior teacher with Spirit Rock Meditation Center and founder of Mountain Stream Meditation Center in Nevada City, CA. He has practiced for over 40 years and was ordained by Thungpulu Sayadaw.



**ERIN TREAT** teaches at the Durango Dharma Center and is the Guiding Teacher of Vallecitos Mountain Retreat Center, NM.



**TERRY VANDIVER** is a registered nurse and yoga teacher, and has practiced Vipassana Meditation for 20 years. She studied Iyengar style yoga in India, is a certified Sivananda yoga instructor, and has taught classes in both traditions in the San Francisco Bay Area.



**ARINNA WEISMAN** has studied Vipassana Meditation since 1979 and has been teaching since 1988. She is the founding teacher of Insight Meditation Center of the Pioneer Valley in Easthampton, MA.



**PAM WEISS** has been practicing Buddhism since 1987. She leads a weekly sitting group at SF Insight and offers retreats and workshops internationally. She is the founder of Appropriate Response, which trains large organizations in mindfulness.



**CAROL WILSON** has practiced meditation since 1971. She has been teaching Vipassana and metta retreats at Insight Meditation Society (IMS) in Barre, MA, and around the world since 1986.



**NINA WISE** is a performer who has devoted her career to investigating the relationship between art and spirit. Artistic Director of Motion, she has received multiple fellowships from the National Endowment for the Arts.

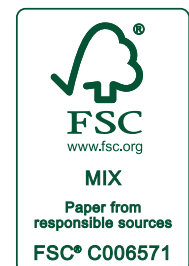


**CHRISTIANE WOLF, MD, PhD**, is a physician turned mindfulness and MBSR teacher and teacher's trainer. She is currently in the Spirit Rock/IMS/IMC Teacher Training Program and is the co-author of *A Clinician's Guide to Teaching Mindfulness*.

## SPIRIT ROCK NEWS

© 2016 Spirit Rock Meditation Center, May - August 2016  
Published three times a year by  
Spirit Rock - an Insight Meditation Center  
P.O. Box 169, Woodacre, CA 94973  
(415) 488-0164.

Special thanks to all the staff, Gary Sharlow and teachers at Spirit Rock.  
Cover image by Felicity Crush.  
Photo on p. 15 by Henry Hemming.  
Other photos by Suzanne Christine, Felicity Crush,  
Stacy Miller and Walt Opie.





# Spirit Rock

An Insight Meditation Center

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Woodacre, CA 94973

[spiritrock.org](http://spiritrock.org)



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For more information, visit [spiritrock.org](http://spiritrock.org)

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