

Waking Up to the Present Moment

A Weekend Meditation Retreat with

Lucinda Green, Ph.D.

Hosted by the Lotus in the Desert Sangha
September 30, October 1-2, 2005



Join us for a weekend mindfulness meditation retreat. Vipassana or insight meditation practice calms the mind and penetrates the nature of reality through present moment awareness. Liberating oneself from emotional entanglements creates strength and stability while opening to truth, beauty and integrity.

The retreat is open to those familiar and new to meditation. Each day will begin with Yoga or Chi Gong and will include instruction in sitting and walking meditation as well as talks by Lucinda on the process and benefits of meditation.

Lucinda Green is the president and founder of Rocky Mountain Insight (RMI). She has been a student of eastern meditation since 1968. Lucinda began the practice of vipassana meditation in 1975 as part of her professional training as a mind/body integrative therapist. Since that time, she has lived and studied Buddhism intensively in India and Sri Lanka. In addition, she studied at the Nyingma Institute (Tibetan Buddhist) in Berkley and created the Buddhist women's Sangha in 1982. Her teachers have included Munindra, U Silananda, Jack Kornfield, Joseph Goldstein, Pema Chödrön, Thich Nhat Hahn, Rina Sircar and Christopher Titmus. Since 1986, Lucinda has held weekly meditation meetings and weekend retreats in Colorado Springs.

Location: **Friday** Lohan School of Shaolin **Saturday & Sunday:** Sahara West Library

Times: **Friday** 7 pm – 9 pm **Saturday** 10:30 am – 5:30 pm **Sunday** 10 am – 4 pm

What to bring: Meditation cushion and or a bench (chairs will be available), blanket or shawl, yoga mat (optional), lunch (water and tea provided)

Friday is hosted by the Lotus in the Desert Sangha and is Dana (donation) only.

Fees for Saturday and Sunday are \$50.00 a day or \$ 80.00 for both days.

(There is a \$10 discount for students and tuition assistance is available on an individual basis.)

Additional dana, in appreciation of Lucinda's teachings, is traditional and will gladly be accepted. **Information/registration: call 571-1820, or email: lotusinthedesert@yahoo.com**