

THE MOUNTAIN HERMITAGE

Listening,
Contemplation, and
Meditation:
*A Four Noble Truths
Study Retreat*



November 5-11, 2011
Taos, New Mexico

with Venerable Dhammadinna

In this retreat we will focus on study and contemplation as supports for mindfulness. The benefit of study is that we come close to the thought of the Buddha as a source of inspiration. The benefit of close scrutiny of the Four Noble Truths is that our understanding of *dukkha* influences how we engage our mindfulness.

The retreat will be held in Noble Silence, and is open to both experienced and beginning Dharma students. There will be meditation instruction (in the style of the *Mahasi Sayadaw*), silent sitting and walking, two lectures a day and occasional group discussion.

The Four Noble Truths Study Retreat will be held at the historic San Geronimo Lodge in Taos, New Mexico. Throughout the week-long retreat, The Mountain Hermitage will have exclusive use of this beautiful building and grounds, which provide the privacy, quiet, and sense of harmony that is most conducive to practice.

Sliding Scale Fee:

(low) \$500 (actual cost) \$650 (benefactor) \$800

Additional Scholarship support available

Venerable Dhammadinna lives in Seattle, WA. She took robes in 1983 with the great Burmese meditation master Ven. Taungpulu Sayadaw. She also studied with Ven. Sayadaw U. Pandita & Indian meditation master Dipa Ma. Since then she has lived & studied in Burma with Ven. Taungpulu Sayadaw, in Thailand with Ajahn Buddhadasa, & in Dharamsala with His Holiness the Dalai Lama who accepted her as his personal student in 2000. In 2006, she was invited to Seattle where she co-founded Bodhiheart Sangha Meditation Center with Tenzin Jesse. Ven. Dhammadinna is deeply committed to the practices of *samatha* & *vipassana* meditation as shared by both the Theravada & Mahayana Buddhist traditions.

The Mountain Hermitage: 575-758-0633 or hermitage@mountainhermitage.org

Download: *Information, Practice Guidelines, and Application Form*

at: www.mountainhermitage.org