

THE MOUNTAIN HERMITAGE

Wise Attention & Opening the Heart

with

*Greg Scharf
& Andrea Fella*



February 10-17, 2012
San Geronimo Lodge
Taos, New Mexico

Insight, or Vipassana meditation is the simple direct practice of moment-to-moment observation of the mind/body process with relaxed, open and careful awareness. By learning to observe our experience from a place of spacious stillness and balance, we begin to access a natural clarity of mind and openness of heart. As our practice unfolds, we respond to the inevitable joys and sorrows of life with increasing sensitivity, stability and love. Loving kindness or Metta meditation develops the heart's capacity for patience, acceptance, and forgiveness as we connect with and care for ourselves and others.

This Vipassana and Metta retreat will emphasize how the unfolding of wisdom through present moment awareness opens the heart to the beautiful qualities of love and compassion. The retreat will take place in Noble Silence, and the format will include instruction in both Insight and Loving-kindness meditation. It is suitable for both beginning and experienced students of meditation.

Sliding Scale Fee:

(low) \$555

(actual cost) \$ 655

(benefactor) \$755

Additional Scholarship support available – application required

Greg Scharf has practiced with both Asian and Western teachers in the Theravada tradition since 1992, including training as a monk in Burma at Panditarama and Chanmyay Yeiktha Meditation Centers. His teaching emphasizes the natural unfolding of love and wisdom through the cultivation of mindful awareness. Greg has been teaching residential retreats in the USA and abroad since 2007.

Andrea Fella has been practicing Insight Meditation since 1996, and was quickly drawn to intensive retreat practice, training in both the U.S. and in Burma, including a period as a nun with Sayadaw U Janaka. Andrea has been teaching residential retreats in the U.S. and abroad since 2006. She also has a weekly sitting group, and teaches classes at the Insight Meditation Center (IMC) in Redwood City, California. She is especially drawn to the wisdom teachings of the Buddha. Her teachings emphasize clarity and practicality.

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

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

at: www.mountainhermitage.org