



## INSIGHT MEDITATION: THE WAY OF LIBERATION

### *Mindfulness and Loving-Kindness*

2-Day Non-Residential Retreat with **MARCIA ROSE**

August 11, 12, 2012 \* Crestone, CO

**Insight (Vipassana) meditation** is the simple direct practice of moment-to-moment observation of the mind/body process with relaxed, open, careful awareness. By learning to observe one's experience from a place of stillness & balance, one begins to access a natural clarity of mind & openness of heart. As the practice unfolds, one is able to respond to the inevitable joys & sorrows of life with increasing sensitivity, stability & kindness.

**Loving kindness (Metta) meditation** develops the heart's capacity for patience, acceptance & forgiveness in connecting with & caring for ourselves & others.

Retreat will be held in Noble Silence and include meditation instruction, sitting & walking meditation, Dharma talks, group interviews & meal breaks. It is suitable for both beginning & experienced meditators.



**Marcia Rose** lives in Taos, NM, and is founding & guiding teacher of The Mountain Hermitage and founding teacher of Taos Mountain Sangha. She has studied & practiced with Asian & Western Buddhist teachers since 1970, primarily in the Theravada-Vipassana tradition. Her teaching reflects the influence of the Burmese Pa-Auk Forest Monastery & Mahasi Vipassana lineages. She has also studied & practiced in the Dzogchen tradition with Tulku Urygen Rinpoche, Nyoshul Khen Rinpoche & Tsoknyi Rinpoche. Marcia was resident teacher at the Insight Meditation Society (IMS) in Barre, MA from 1991-1995. She continues to teach there occasionally & teaches regularly at The Forest Refuge in Barre. She is dedicated to offering the ancient Buddhist teachings in ways that are accessible & authentic for contemporary culture.

**Cost: \$20/person**, covers basic retreat expenses including Marcia's travel & a light supper for all on Saturday. The cost is kept low so that finances are not a hindrance. No one will be turned away for lack of funds. The fee does not include any offering to Marcia, who continues the Buddhist tradition of offering the teachings freely. In the Buddhist tradition, teachers are supported by the generosity of their students and those who have benefited from the teachings. There will be an opportunity at the end of the retreat to offer support to Marcia in this way.

**For more information or to register**, call Jan at 719-256-4321 or email [janfostermiiller@gmail.com](mailto:janfostermiiller@gmail.com) (email response may take longer).

**Limited space--please register early!**

*List of local accommodations available for out-of-town registrants*