

THE MOUNTAIN HERMITAGE

Wise Attention & Opening the Heart

with

*Greg Scharf
& Winnie Nazarko*



February 9-16, 2013
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:

\$590 (low) \$690 (actual cost) \$790(benefactor)

Some 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.

Winnie Nazarko has been a student and practitioner of Buddhism since 1981, and was authorized to teach in 1996. She has a background in community organizing and human services leadership, and a special interest in how meditative practices can strengthen human capacity to address social, political and environmental issues. She was the Project Director for Insight Meditation Society's development of the Forest Refuge, a retreat center for experienced meditators doing extended self-retreat. She completed a year long silent retreat at the Barre, Massachusetts facility in 2004.

The Mountain Hermitage: 575-758-0633 or hermitage@mountainhermitage.org
Download: *Information, Practice Guidelines, and Application Form*
at: www.mountainhermitage.org