

THE MOUNTAIN HERMITAGE

**Metta –
The Heart's Release**
with
**Gina Sharpe
& Marcia Rose**



**February 7-14, 2014
San Geronimo Lodge
Taos, New Mexico**

Metta is a traditional practice of unconditional loving-kindness or friendship. In Buddhism it is taught and cultivated as a meditation practice and a way of life along with compassion, appreciative or empathetic joy (rejoicing in the happiness and success of others), and equanimity. These practices develop concentration and a steadiness of mind and heart. Fearlessness, self-confidence and self-acceptance are strengthened. As we open to an expansive loving heart, our fundamental interconnectedness to all life is revealed. This retreat is devoted to cultivating these qualities.

This one-week retreat will be held in Noble Silence and will include sitting and walking meditation with instructions, *Dharma* talks and group and individual meetings with the teachers. *Both new and experienced students are welcome.*

Sliding Scale Fee:

\$585 (low) \$685 (actual cost) \$785 (benefactor)
Additional Scholarship Support Available – application necessary

Gina Sharpe was born in Jamaica. She is co-founder of New York Insight Meditation Center where she currently serves as the Guiding Teacher. Trained as a retreat teacher in a joint Teacher Training Program of Spirit Rock Meditation Center and Insight Meditation Society, Gina teaches at various venues around the United States including Spirit Rock, Insight Meditation Society, Mid America Dharma, Garrison Institute, Tibet House, and a maximum security prison for women. She has been teaching the *Dharma* since 1995. Prior to this she practiced law in NYC and also served as an executive in the financial field.

Marcia Rose is the founding and guiding teacher of *The Mountain Hermitage*. She has been studying and practicing Buddhist teachings and meditation with Asian and Western teachers since 1970, primarily in the *Theravada-Vipassana* (Path of the Elders) tradition. She teaches as a visiting teacher at both the Insight Meditation Society and the Forest Refuge in Barre, MA. Marcia also teaches *Vipassana*, *Brahma Vihara* and *Concentration* retreats in other U.S. and international venues, and is dedicated to offering these ancient and timeless teachings in ways that make them accessible and authentic for contemporary culture.

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