

THE MOUNTAIN HERMITAGE

**Metta –
The Heart's Release**
with
**Marcia Rose
& Winnie Nazarko**



**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

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.

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