

THE MOUNTAIN HERMITAGE

Finding Freedom Through Insight Meditation

*with
Brian Lesage*



February 21-28, 2016
San Geronimo Lodge
Taos, New Mexico



Insight meditation is a simple and direct practice based on moment-to-moment awareness, a technique that opens the heart and clears the mind. This will be an opportunity to practice continuous mindfulness in silence throughout the day—in sitting and walking meditation. In the silence we are freed from much of the daily barrage of stimulus that draws our attention outward, letting us delve deeply inward. Learning to be aware of our experience from a place of stillness and equanimity allows us to see more clearly, and as insight deepens, compassion and wisdom can arise.

The retreat is designed for beginners and experienced practitioners alike and will include meditation instruction, dharma talks, teacher interviews and discussion time.

Sliding Scale Fee:

\$550 (low) \$750 (actual cost) \$950 (benefactor)

Additional Scholarship Support Available – application necessary

Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma.

The **2016 Finding Freedom Through Insight Meditation** will be held at the historic San Geronimo Lodge in Taos, New Mexico. Yogis will have exclusive use of this beautiful building and grounds, which provide the privacy, quiet, and sense of harmony that is most conducive to intensive practice. Space is limited to 20 yogis – application is necessary.

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

Download: *Information, Practice Guidelines, and Application Form*
at: www.mountainhermitage.org