

THE MOUNTAIN HERMITAGE

Seeing Things With Love: Insight Meditation & Loving Kindness Meditation Retreat with Winnie Nazarko



**June 6 - 13, 2020
Columbine Inn
Taos Ski Valley, New Mexico**

The Mountain Hermitage is now taking applications for this one-week Insight Meditation & Loving Kindness Meditation Retreat.

The practice of insight meditation (also called vipassana meditation) helps us attend to our immediate experience in a specific and useful way. By learning to stay in the present moment with mindful awareness, we develop the basic skill which makes spiritual growth possible. Over time, we can learn how to have a wise, balanced, and skillful relationship to whatever happens in our heart/mind.

This retreat will use instruction in insight meditation and loving kindness meditation to support students in finding a place of kindness and wisdom in relationship to themselves, and what they experience.

This retreat is designed for beginners and experienced practitioners alike and will include meditation instruction, dharma talks, and discussion time. The small group size at *Mountain Hermitage* retreats helps to create a more intimate experience and easier access to teacher(s). All yogis will have a single room with private bath.

Space is limited to 16 yogis – early application is recommended!

Sliding Scale Fee:

***(low) \$810 (actual cost) \$1010 (benefactor) \$1262
Additional Scholarship support available – application required***

Winnie Nazarko first contacted the Dharma at a 1981 weekend retreat taught by Stephen and Ondrea Levine. While the retreat wasn't what she expected, she did recognize something of great value, which had the qualities of transparency of being, equanimity, and absence of fear. This was the beginning of a period of intensive dharma search and practice, bringing her into connection with many outstanding teachers of mindfulness meditation. Among these have been Pa Auk Sayadaw, Joseph Goldstein, Sharon Salzberg, Steve Armstrong and Kamala Masters, and Jack Kornfield. Winnie's own orientation to meditation practice is rooted in a background in human services work and the desire to relieve human suffering. In 1998, she was asked to teach by Joseph Goldstein. She does so to help people open their full potential, in the interest of their own happiness and well-being and for the benefit of others who their lives affect.

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