

THE MOUNTAIN HERMITAGE

**“...in the footprint of the
Buddha...”**

**ONLINE Samatha/
Concentration Retreat
with Marcia Rose**



**November 8 -12, 2020
Online/At Home Retreat**

The Mountain Hermitage is now taking applications from experienced practitioners for this *Five-Day Online/At Home Samatha/Concentration* retreat. Guidance will be offered for the development and nurturing of deep concentration in the lineage of Burmese meditation master Venerable Pa Auk Sayadaw.

The retreat will be held in Noble Silence, and will consist of Dhamma talks, small group & one on one practice meetings, question and answer sessions, guided sits plus a suggested schedule of sitting and walking practice. The small group size at Hermitage retreats (a maximum of 18 students) helps to create a more intimate experience and easier access to the teacher.

This Dana Retreat is offered freely at no cost to anyone who participates. You will have the opportunity to offer dana to the teacher and The Mountain Hermitage at the end of the retreat. A refundable deposit of \$125 is required to apply for this retreat. This deposit will not be banked when you apply and are accepted. It will only be banked if you cancel your participation after being accepted into the retreat or fail to show up Online for the retreat. Your commitment to attend this online/at home retreat is communicated to us through your deposit. Please let us know if you have any questions about all of this.

Marcia Rose is the founding & 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. Her own teaching reflects a clear influence from the Burmese *Mahasi Vipassana* and the Pa-Auk Forest Monastery lineages with authorization from Venerable Pa Auk Sayadaw to teach *Samatha* and *Jhanas* in his lineage. Marcia also teaches *Vipassana*, Concentration and *Brahma Vihara* retreats in 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**