

**THE MOUNTAIN HERMITAGE**  
**"... in the footprint of the Buddha..."**  
**Samatha/Concentration Retreat for Experienced Students**

**Teacher: Marcia Rose**

**November 8 - 12, 2020**

*This is an Online/At Home Dana Retreat format*

## **INTRODUCTION**

This Mountain Hermitage Five-Day Online/At Home Samatha/Concentration Retreat offers a unique and supportive space of solitude and silence for qualified individuals who wish to undertake a period of intensive meditation practice. This retreat is for experienced *Dhamma* students (see prerequisites below). 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 alternate periods of sitting and walking, instructions, guided sits, *Dhamma* talks and small group and individual practice meetings. The small group size of a maximum of 18 students at this online/at home *Hermitage* retreat helps to create a more intimate experience and easier access to the teacher.

Applications and deposits are requested no later than November 1, 2020.

## **PREREQUISITES FOR THIS RETREAT**

Practitioners must have sat a minimum of 3 week-long retreats with a recognized Buddhist teacher and/or a longer period of intensive practice with a recognized teacher. Details of the qualifying retreats, including teachers' names, dates, location and length of the retreat, must be documented on the application form.

## **ABOUT THE MOUNTAIN HERMITAGE**

Yogis are encouraged to maintain sustained and continuous practice during their participation in this *Mountain Hermitage* retreat. Teaching support for this retreat will consist of daily morning practice instruction or reflection or guided sit, small group and one-on-one practice meetings as scheduled by the teacher and group chanting of the Refuges and Precepts, a *Dhamma* Talk or Q&A each evening. **All instructions, guided sits, reflections and *Dhamma* Talks will be recorded and will be available to listen to during this 5 day retreat.**

This *Mountain Hermitage* online/at home retreat offers a unique practice opportunity. In order to benefit from this environment, applicants need to be largely self-sustaining in their practice and be comfortable in unbroken silence and solitude. All participants must be mentally stable and physically able to care for themselves. Everyone must have health insurance or be able to cover their expenses in case of illness or medical emergencies. Any special needs must be discussed and agreed to in advance, as the staff is very small and cannot accommodate high levels of support for any individual.

It is asked that retreatants commit themselves fully to their retreat. All business and family obligations should be taken care of prior to the beginning of the retreat so that practice can be uninterrupted. For more information on how to navigate an online/at home retreat, please read the Online Retreat Guidelines Document below.

## **TEACHER**

**Marcia Rose** is the founding and guiding teacher of *The Mountain Hermitage* and founding teacher of Taos Mountain Sangha. 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 Pa-Auk Forest Monastery lineages with authorization from Venerable Pa Auk Sayadaw to teach *Samatha* and *Jhanas* in his lineage. She has also studied and practiced in the *Dzogchen* Tibetan Buddhist tradition with Tulku Ugyen Rinpoche,

Nyoshul Khen Rinpoche, and Tsoknyi Rinpoche. Marcia was resident teacher for staff at the Insight Meditation Society (IMS) in Barre, MA from 1991-1995. She has been one of the teachers for the annual three-month retreat at IMS, as well as a visiting teacher at IMS for other retreats and a regular visiting teacher at The Forest Refuge in Barre, MA. Marcia has taught *Vipassana*, *Concentration*, *Brahma Vihara*, and *Creative Process* retreats in various U.S. and international venues for over 28 years, and is dedicated to offering these ancient and timeless teachings in ways that make them accessible and authentic for contemporary culture.

The staff of this five day online/at home retreat will consist of the teacher, a retreat manager (the point of contact in case of any difficulties) and an administrative person.

## **DAILY SCHEDULE**

The general retreat schedule will consist of group events such as Dhamma talks, small group practice meetings, question and answer sessions, guided sits plus a suggested schedule of sitting and walking practice. The time frame for this retreat will be U.S. Mountain Daylight Time (MDT.) Please check the related where you will be living during this online/at home retreat. **All instructions, guided sits, reflections, Dhamma Talks and Q&A sessions will be recorded and available during this 5 day retreat.**

7:00 a.m. – Group sit and *Metta* chant

8:00 a.m. – Breakfast

9:00 a.m. - Group sit – Instructions or guided sit or short Dhamma reflection

10:00 a.m. - 1:00 p.m. - Sit & Walk alternate hours - Small group and one-on-one practice meetings as scheduled.

1:00 p.m. – Lunch

2:30 p.m. – 5:30 p.m. - Sit & Walk alternate hours

5:30 p.m. – Light supper or Tea

6:30 p.m. – 7:00 p.m. Mindful stretching or Sit & walk

7:00 p.m. – Refuges & Precepts, Dhamma talk, or Q & A as scheduled

8:15 p.m. – 9:15 p.m. Walk or sit

## **FEES**

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 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.

The refundable deposit for this retreat is: \$125

Please pay by check or money order in US funds, drawn on a US bank. Checks/money orders should be made payable to *THE MOUNTAIN HERMITAGE*. We cannot accept foreign cash or bank drafts, but we can accept international money orders in US dollars. *We are sorry that we are unable to accept payment by credit card at this time.*

## **DANA**

The teacher offers the Buddha *Dhamma* without any set fee, and depends on *DANA* – on the generosity of her students and benefactors – for the support of her daily life needs.

*DANA*, an ancient *Pali* word meaning generosity, giving, or gift, is central to the 2,600-year-old tradition of Buddhism. The teachings of the Buddha have been offered freely since the time of the Buddha. There was and is no way to put a price on the teachings of the truth – they are valuable beyond any fee one could set.

Marcia Rose (teacher) is offering this retreat as a **Dana Retreat**. This means that The Mountain Hermitage is not charging any fees for this retreat. The teacher offers the *Buddha Dhamma* without any set fee, and depends on the generosity of students for the support of her daily life needs. Giving to the teacher, from the heart, whatever feels appropriate, is the practice of Dana. It will also be possible to offer dana to The Mountain Hermitage to help cover the administrative and technical costs of offering this online retreat.

**HOW TO MAKE AN OFFERING:** At the end of the retreat, you can mail us a check with a piece of paper explaining how you would like your dana amount applied. Or you can use our online donation site, Network For Good. *The Mountain Hermitage* is 501(c)(iii) tax-deductible charitable organization. All dana checks made out to *The Mountain Hermitage* are tax deductible. More information on this will be given later.

## **CANCELLATION POLICY**

Cancellation fees apply to all confirmed registrations.

Cancellations received on or before November 8, 2020, including non-attendance at the retreat: your deposit cannot be refunded. **CANCELLATION FEES WILL BE APPLIED TO *THE MOUNTAIN HERMITAGE* SCHOLARSHIP FUND**

Your deposit will be refunded completely if you participate in the retreat.

## **APPLICATION**

Anyone interested in attending the Online/At Home *Samatha* Concentration Retreat should read this document and the separate Practice Guidelines. Then complete the Application form and Waiver of Liability, attach your deposit, and mail to: *The Mountain Hermitage*, PO Box 807, Ranchos de Taos, NM 87557.

Applications and deposits are requested no later than November 1, 2020. Late applications will be considered on a space available basis. Applications will be accepted only by mail, not by phone, fax, or e-mail, because they must be accompanied by the appropriate deposit. Incomplete registrations, including those without sufficient deposit, will be returned for completion.

Each application will be carefully reviewed. In some cases, a personal or phone interview will be conducted with the guiding teacher prior to determination of suitability for this type of practice. All applications are processed by date received. We will respond within four weeks from receipt of your application.

If your application is not accepted for this retreat, your deposit will be returned.

## **WAIT LIST**

Places are limited to 18 practitioners, so early application is advised. Once the retreat is full, you will be notified and placed on a wait list, and we will contact you if a place opens up. If it does not, then your deposit will be returned.

If you are placed on the wait list and you then cancel your registration before a space has become available, your deposit will be returned. If you are placed on a wait list and are unable to attend the retreat, please let us know immediately. As long as your name remains on a list, we assume you wish to attend.

If a space becomes available, we will automatically confirm your registration. Once you are confirmed for a retreat, you are liable for applicable cancellation fees if you subsequently cancel.

## **PRINTABLE DOCUMENTS**