



*Photo by Robin Loznak*

**SUNDAY INTERNATIONAL SANGHA**  
**ONLINE MINI RETREAT**  
**WITH MARCIA ROSE**

*Founding and Guiding Teacher of  
The Mountain Hermitage, Taos, New Mexico*

Date: Sunday, September 27, 2020

Time: 9:30am - 12:30pm (Mountain Time)

*Please check for the corresponding  
time where you currently are.*

Dear Friends,

With all of the various upheavals, uncertainties, undercurrents and Covid19 issues that each and all of us are living with and traversing these days on this magnificent, currently upside-down planet that we all share, our 1<sup>st</sup> monthly Sunday International Sangha mini-retreat will be devoted to the exploration and practice of Samatha/Concentration/Calm Abiding through Anapanasati/Mindfulness of Breathing meditation.

Bringing attention in a gentle caring way to our experience of the simple sensations of an in-breath and an out-breath allows the body, heart/mind to relax into levels of calm, ease and peace that are healing and quietly joyful.

Please join us **on time** from 9:30 am to 12:30 pm Mountain Time for two meditation sits, a Dharma reflection and a discussion/Q&A. You are welcome to invite others who are interested to join our Sunday International Sangha gathering.

With love, Marcia

***NO REGISTRATION. NO FEE. DANA/DONATIONS WELCOME.***

***For more information on how to join and how to offer dana, please  
click on the link below this flyer.***



Marcia Rose is the founding and guiding teacher of the Mountain Hermitage and founding teacher of Taos Mountain Sangha in Taos, NM. She has been practicing & studying the Dharma, primarily in the Theravada tradition for over 45 years. She has been teaching for over 28 years at Insight Meditation Society/IMS, The Mountain Hermitage, and in other venues around the U.S. as well as internationally.

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