

SUNDAY INTERNATIONAL SANGHA
ONLINE MINI RETREAT
WITH MARCIA ROSE

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

Date: Sunday, October 25, 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 traversing these days on this magnificent planet that we share with all forms of life, our 2nd monthly Sunday International Sangha mini-retreat will be devoted to the exploration of the 'Four Elements Practice'.

Join us for a meditative journey into the wisdom of the elemental nature of our human body as we discover through our practice that our body is essentially no different than any other form in its elemental nature. The wisdom of our pervading interconnectedness with all forms of life is brought to bear with this practice allowing the mind, heart and body to relax into levels of ease and peace that can be deeply healing.

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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