

THE MOUNTAIN HERMITAGE

“The Heart of the Matter”

Metta-Upekkha

Dana Retreat

*w/ Marcia Rose & assistant
teacher Kristina Baré*



**February 11 - 18, 2021
Online Retreat Format**

The Mountain Hermitage is now taking applications from experienced practitioners for this *Eight Full Day Metta-Upekkha* Online Retreat. Guidance will be offered for the cultivation of connection & kindness accompanied by immeasurable impartiality through the practices of Metta/unconditional loving-kindness & Upekkha/Equanimity.

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 \$150 is required to apply for this retreat. If you attend the retreat, the deposit will be returned to you. If you cancel your participation after being accepted into the retreat or fail to show up online for the retreat., we will retain the deposit. Your commitment to attend this online 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**