

SUNDAY INTERNATIONAL SANGHA
ONLINE 8 WEEK MINI-RETREAT SERIES
WITH MARCIA ROSE

The Seven Factors of Enlightenment

Dates: Sunday, October 3, 10, 17, 24, 31,
November 7, 14, 21, 2021

Time: 10:00am - 12:30pm (Mountain Time)
Please check for the corresponding time where you currently are.



Dear Friends,

Our eight Sunday International Sangha online mini-retreats will be devoted to the exploration and cultivation of the '*Seven Factors of Enlightenment*' through meditation practice, Dhamma reflections and discussion. Join us for a journey into one of the most basic and all-encompassing of the Buddha's teachings and practice...these seven factors of awakening ... mindfulness, investigation, energy or effort, joy, tranquility, concentration and wisdom.

As each of these factors of mind and heart evolve towards maturity through our practice we experience a growing inspiration and encouragement to go deeper with our practice. And, we also find ourselves moving through our daily lives with more ease, intuitive understanding, peace, compassion and gratitude for the great gift of the Buddha's teachings.

I ask that you please register for and commit to attending all 8 mini-retreats. Those who have sustained a regular Buddhist meditation practice for at least 3 months are welcome to participate. You are welcome to invite others who also have sustained 3 or more months of practice to register for our Sunday International Online Sangha 8 Week Mini-Retreat Series.

With love, Marcia

***For more information on
how to register, how to join,
and how to offer dana,
please email Kathy at:
hermitage@mountainhermitage.org***

Registration Fee:
sliding scale \$120 - \$240
for the entire 8 weeks,
not including Dana to teacher.
Partial scholarships are
available.

No fee for monastics.



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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