

THE MOUNTAIN HERMITAGE

Ten-Day Vipassana Retreat for Experienced Students *with Annie Nugent*



November 4 - 13, 2022
Blue Sky Retreat Center
Taos, New Mexico

The Essence of the Buddha's Teachings – “ Nothing is to be clung to...”
Awakening to a quietly joyful simplicity in life comes with a growing maturity in our understanding of the essence of the Buddha's teachings.

This retreat aims to strengthen our direct experience of these essential teachings on freedom, allowing the naturally wise and compassionate heart to engage the world with ease. *The Mountain Hermitage* is now taking applications from experienced practitioners for this ten-day Vipassana retreat.

The retreat is designed for experienced practitioners and will include meditation instruction, dharma talks, teacher interviews and discussion time.

The small group size at *Hermitage* retreats helps to create a more intimate experience and easier access to teachers. All yogis will have a single room with private bath. *Space is limited to 15 yogis – applications are necessary and can be found at www.mountainhermitage.org*

Sliding Scale Fee:

(low) \$1080 (actual cost) \$1280 (benefactor) \$1500

Additional Scholarship support available – application required

No fee for monastics.

Annie Nugent has studied and practiced in the *Theravadan* and Tibetan traditions since 1979 under the guidance of a range of teachers including Sayadaw U Pandita, Sayadaw U Teijanea, Tulku Akong Rinpoche, and various western teachers. Annie was the resident teacher for staff at The Insight Meditation Society in Barre, MA from 1999-2003, and now teaches elsewhere, including the annual IMS three-month retreat and The Forest Refuge. Her teaching style aims to reveal how our lives are opportunities to develop a clear understanding of the Truth.

The Mountain Hermitage: 575-758-0633
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Download: *Information, Practice Guidelines, and Application Form*
at: www.mountainhermitage.org