

Two-Week ONLINE Samatha-Vipassana Retreat for Experienced Students

With Marcia Rose & teaching assistant Kristina Baré

February 16 - March 2, 2022

ONLINE

INTRODUCTION

Sitting together for a retreat is a precious and wonderful opportunity. We look forward to your possible presence at this online retreat with joyful anticipation. Mountain Hermitage Guiding Teacher Marcia Rose is the lead teacher for this retreat. Kristina Baré is the teaching assistant for this retreat. This retreat will have up to 30 participants.

This ONLINE 2-week Samatha-Vipassana retreat will be for experienced students. Please see the listed prerequisites following this introduction.

We will begin the retreat with attending to and strengthening our capacity for a clear focused attention via some Anapana sati teachings and practice. We will then move into Vipassana/Insight teachings and practices via attending to the 4 domains/foundations of mindfulness through a general overview of the teachings and the engagement in practice with this perspective...along with some specific mindfulness based insight teachings and practices that will be offered along the way. As the two weeks unfold we will bring attention back to the Anapanasati practice at times to continue strengthening and deepening our capacity for a clear and focused attention to what is presenting itself in our ongoing body/mind/heart continuum.

We will all observe the 5 precepts for lay practitioners. Those who would like to explore practice via observing 8 precepts are very welcome to do so. There will be daily evening Dhamma Talks and/or guided sits as well as shorter morning reflections and/or practice instructions most mornings at the after-breakfast group sit. Students are requested to attend all of the scheduled group sits. Marcia will offer one-on-one practice meetings every couple of days for each student. Kristina will also be available for one-on-one practice meetings throughout the retreat. Some students may choose to sit more independently at times. This option can be discussed with the teacher during practice meetings. **The online meditation hall will be open 24/7.**

Applications and fees are requested no later than February 1, 2022. Printable Forms are located at the bottom of this page.

PREREQUISITES FOR THIS RETREAT

Practitioners wishing to join us for this two-week retreat, must have sat three or more 5-10 day retreats. These retreats must have been led by a recognized Buddhist teacher. If you have questions about your qualifications, please contact Kathy at hermitage@mountainhermitage.org.

Details of the qualifying retreats, including teachers' names, dates, location and length of the retreat, must be documented on the application form. Please make sure to include any meditation and retreat

experience as well, as this information will be helpful to the teacher.

The retreat will be limited to 30 practitioners, so early application is suggested.

ABOUT THE MOUNTAIN HERMITAGE

Yogis are encouraged to maintain sustained and continuous practice during their participation in this *Mountain Hermitage* retreat. Teaching support for this retreat will consist of daily morning practice instruction or reflection or guided sit, one-on-one practice meetings as scheduled by the teacher and group chanting of the Refuges and Precepts, a Dhamma Talk or Q&A in the evenings.

This *Mountain Hermitage* retreat offers a unique practice opportunity. In order to benefit from this environment, applicants need to be largely self-sustaining in their practice and be comfortable in unbroken silence and solitude. All participants must be mentally stable and physically able to care for themselves. Everyone must have health insurance or be able to cover their expenses in case of illness or medical emergencies. Any special needs must be discussed and agreed to in advance, as the staff is very small and cannot accommodate high levels of support for any individual.

We ask that retreatants commit themselves fully to their retreat. All business and family obligations should be taken care of prior to the beginning of the retreat so that practice can be uninterrupted.

TEACHER

Marcia Rose is the founding and guiding teacher of *The Mountain Hermitage* and founding teacher of Taos Mountain Sangha. 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 Pa-Auk Forest Monastery lineages with authorization from Venerable Pa Auk Sayadaw to teach *Samatha* and *Jhanas* in his lineage. She has also studied and practiced in the *Dzogchen* Tibetan Buddhist tradition with Tulku Ugyen Rinpoche, Nyoshul Khen Rinpoche, and Tsoknyi Rinpoche. Marcia was resident teacher for staff at the Insight Meditation Society (IMS) in Barre, MA from 1991-1995. She has been one of the teachers for the annual three-month retreat at IMS, as well as a visiting teacher at IMS for other retreats and a regular visiting teacher at The Forest Refuge in Barre, MA. Marcia has taught *Vipassana*, *Concentration*, *Brahma Vihara*, and *Creative Process* retreats in various U.S. and international venues for over 30 years, and is dedicated to offering these ancient and timeless teachings in ways that make them accessible and authentic for contemporary culture.

TEACHING ASSISTANT

Kristina Baré will be Marcia's teaching assistant during this online retreat. Kristina is a trauma psychologist and deep dharma practitioner. She has practiced *Vipassana* meditation in the *Mahasi Sayadaw* tradition for the last 12 years. In 2019/2020 she spent altogether 3.5 months in silent retreat practice at the Forest Refuge and then another 3 months in self-retreat under the guidance of her teacher Marcia Rose. Through 2019-20 she primarily practiced in the *Pa Auk Sayadaw* tradition with a focus on *Anapanasati* and the *Brahma Viharas*: loving-kindness, compassion, empathetic joy and equanimity. She is being mentored by Marcia Rose, Tempel Smith, and Bonnie Duran to share the *Dharma*.

The staff of this two-week retreat will consist of the teachers, retreat manager(s) (the point of contact in case of any difficulties.)

UPDATED DAILY SCHEDULE

The retreat schedule will consist of group events such as *Dhamma Talks* plus a suggested schedule of alternate hours of sitting and walking. There will also be one-on-one practice meetings, instructions, guided sits, and reflections. Retreatants may choose to follow the suggested schedule or tailor it to fit personal needs in consultation with the teachers.

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| 6:30 a.m. | Group sit with Metta Chant |
| 7:15 a.m. | Breakfast |
| 8:30 a.m. - 9:30 a.m. | Group sit with instructions or short <i>Dhamma</i> Reflection |
| 9:30 a.m. - 12:30 p.m. | Walk and sit alternate hours or personal schedule |
| 9:30 a.m. - 12:30 p.m. | Individual practice meetings as scheduled |
| 12:30 p.m. | Lunch |
| 2:30 p.m. - 5:15 p.m. | Sit and walk alternate hours or personal schedule |
| 5:15 p.m. | Tea or light dinner |
| 6:15 p.m. – 7:00 pm | Walk and/or stretching |
| 7:00 p.m. | <i>Dhamma</i> Talk or guided meditation as scheduled (Refuges/Precepts chanted before Talk & sit) |
| 8:30 p.m. - 9:30 p.m. | Walk & Sit alternating or personal schedule |

FEES

Fees are on a sliding scale to allow you to pay according to your means. Our actual cost for this two week retreat per person is \$375. A portion of our scholarship fund is being allocated for this retreat to allow us to offer the low range on the sliding scale. Please pay as much as you are able, in order to allow others to attend who need to pay less. Any amount above \$375 will be gratefully received and treated as a tax-deductible donation.

Sliding Scale Fees:

\$ 175 (low) \$ 375 (actual cost) \$ 575 (benefactor)

If you need more scholarship support, some additional funds are available. Please fill out a scholarship application form and send it with your application form, specifying how much you feel you are able to pay. **There is no fee for monastics.**

The *Mountain Hermitage* will gratefully receive donations to our scholarship fund to enable those in financial need to attend this retreat. Donations are tax-deductible and should be marked 'Scholarship Fund'.

USE OF FEES

Your fees for the retreat will be used to pay for: a small stipend to the teachers to help cover ongoing

home expenses for the duration of the retreat; general retreat & admin expenses; a small stipend for the retreat manager(s).

DANA

DANA, an ancient *Pali* word meaning generosity, giving, or gift, is central to the 2,600-year-old tradition of Buddhism. The teachings of the Buddha are held to be beyond any price and have been offered freely since the time of the Buddha. This retreat is offered in that same spirit.

The early teachers received no payment for their instruction. In Buddhist countries, traditionally, it has always been understood that the lay community, through their voluntary generosity (their *dana*), provide physical support - the basic needs of food, clothing, shelter and medicine - for the monks and nuns. In turn they were/are offered guidance and teachings in their own practice by this monastic *sangha*.

This practice of *dana* has been a very significant pillar in keeping the Dhamma (teachings) alive. The generosity of the laity towards the practical support of the monastic community since ancient times, is what has kept the Dhamma spreading through the world. Western teachers have continued this tradition of offering the teachings freely. In our culture, where no real training exists in living generously, it is a new practice for us in both offering and receiving the Dhamma.

Dana is not only a practical matter; it also plays a crucial role in the spiritual life of a Dhamma practitioner. Generosity is the first of the ten *paramis*, or qualities of character, to be perfected in spiritual life. The very act of giving is of immeasurable benefit to the giver, for it opens the heart, lessens self-absorption, and serves the well-being of others.

The Mountain Hermitage fees for this retreat only cover basic expenses and operating costs. The teacher(s) offer the Buddha Dhamma without any set fee, and depend on the generosity of students for the support of their daily life needs. Giving to the teacher, from the heart, whatever feels appropriate, is the practice of *Dana*. You may also wish to offer *Dana* to the staff, or to the Hermitage itself to support operating expenses or future scholarships.

HOW TO MAKE AN OFFERING

At the end of the retreat, the retreat manager(s) will give a brief talk about offering *Dana*. Cash or checks on US funds may be used. All *dana* checks should be made out to The Mountain Hermitage. The Mountain Hermitage is a 501(c)(3) tax-deductible charitable organization. All *dana* offered to The Mountain Hermitage for use in supporting the teacher, scholarships & general expenses are tax deductible. Donations to staff are not tax-deductible. If you would like to offer *dana* by credit card, please ask the Retreat Manager for more information during the retreat. OR ask Kathy at hermitage@mountainhermitage.org before the retreat.

DEPOSIT (Retreat Fees)

Please send your payment with your application. The sliding scale amounts are above.

The fee will not be banked until your registration is confirmed. The fee will be returned in full to those not accepted, or to those who are on a waiting list at the time that the retreat begins.

PAYMENTS

The full fee must accompany your application, even if you are requesting scholarship funds. No monies

will be banked until you are accepted in the retreat.

Please pay by check or money order in US funds, drawn on a US bank. We cannot accept foreign cash or bank drafts, but we can accept international money orders in US dollars. If you would like to pay by credit card, please contact Kathy at hermitage@mountainhermitage.org

Checks/money orders should be made payable to THE MOUNTAIN HERMITAGE.

CANCELLATION POLICY

Cancellation fees apply to all confirmed registrations.

Cancellations received on or before February 1, 2022: your deposit will be returned minus a \$25 cancellation fee.

Cancellations received on or after February 2, 2022 (including non-attendance at the retreat): your fee cannot be refunded.

CANCELLATION FEES WILL BE APPLIED TO THE *MOUNTAIN HERMITAGE* SCHOLARSHIP FUND (after the cost of the retreat is covered).

If you attend the retreat but for some reason decide on your own to leave early, the fee you have paid cannot be refunded to you.

APPLICATION

Anyone interested in attending the retreat must have read this Introduction, the Practice Guidelines, and the Online Retreat Guidelines. Then, complete the Application Form and Waiver of Liability form, attach your fee, and mail to: *The Mountain Hermitage*, PO Box 807, Ranchos de Taos, NM 87557.

Applications and fees are requested by **February 1, 2022**. Late applications will be considered on a space available basis.

Incomplete registrations, including those without sufficient fee payment, will be returned for completion.

Each application will be carefully reviewed. In some cases, a personal or phone interview will be conducted with the teacher(s) prior to determination of suitability for this type of practice. All applications are processed by date received. We will respond within one week from receipt of your application.

If your application is not accepted for this retreat, your fee will be returned.

WAIT LIST

Places are limited to 30 practitioners, so early application is advised. Once the retreat is full, you will be notified and placed on a wait list, and we will contact you if a place opens up. If it does not, then your fee will be returned.

If you are placed on the wait list and you then cancel your registration before a space has become available, your fee will be returned.

If you are placed on a wait list and are unable to attend the retreat, **please let us know immediately**. As long as your name remains on a list, we assume you wish to attend. If a space becomes available, we

will automatically confirm your registration. Once you are confirmed for a retreat, **you are liable for applicable cancellation fees if you subsequently cancel.**

Printable Documents and Forms

- Introduction (print-friendly version of this page)
- Practice Guidelines
- Online Retreat Guidelines
- Online Retreat Application (Word format for emailing to TMH - preferred method!)
- Online Retreat Application (PDF format for printing & snail mailing to TMH)
- Online Retreat Scholarship Application (Word format for emailing to TMH - preferred method!)
- Online Retreat Scholarship Application (PDF format for printing & snail mailing to TMH)
- Waiver of Liability
- Retreat Flyer