

One-Week Mindfulness of the Body Retreat

With Kristina Baré & Tempel Smith

April 14 - 21, 2024

Hyperslow Retreat @ San Geronimo Lodge, Taos, New Mexico

TMH's COVID - 19 Protocol

It is our deep hope that our 2024 retreats will continue to be held in-person. However, as you all know, it is hard to predict the future. We want to make sure that everyone participating at a TMH retreat will be safe. We will continue to seek guidance from our NM department of health and the CDC, as well as from our Board, teachers, and staff. If you apply for any of our retreats, you may be asked to agree to wear a mask when in a space with other people for the first half of the retreat, and agree to follow certain guidelines that will help us all stay healthy. If this should change before the start of the retreat, we will let you know. If you have any questions or concerns, please don't hesitate to contact us. Thank you again for your support of TMH and for your patience and understanding.

INTRODUCTION

The Buddha taught Mindfulness of the Body as the first meditative foundation to help settle our scattered, exhausted, reactive, and overworked minds. Our bodies hold many old patterns of stress, and also the keys to developing wisdom and well being. Through teachings and practices of relaxed body scans, breath awareness, and becoming more intimate with our body's elemental and animal nature, we can find all the teachings of the Dharma.

The retreat is appropriate for those new to meditation practice as well as those who are already dedicated to this path of awakening. The retreat will be held in noble silence from the first evening until the last day, including a requirement to turn off and put away all electronic devices. We welcome all people from widely diverse communities and backgrounds.

Printable forms are at the bottom of this page.

PREREQUISITES FOR THIS RETREAT

We invite anyone with a sincere interest in the *Buddha Dhamma* to join us for this retreat. You will need to complete an application for the retreat, and it will be reviewed by the teachers.

Please be sure to fill out the application sections asking for any meditation and retreat experience, as this information will be helpful to the teachers. Where applicable, include details of the retreats, including teachers' names, dates, location and length of the retreat.

The retreat will be limited to 15 practitioners, so early application is suggested. It is asked that retreatants commit themselves fully to their stay. All business and family obligations should be taken care of prior to arrival so that practice and study can be uninterrupted.

TEACHERS

Kristina Baré is an insight meditation teacher, therapist, and Somatic Experiencing practitioner. She has trained primarily in the Burmese Lineages of Ven. Mahasi Sayadaw and Ven. Pa Auk Sayadaw. She enjoys supporting students in deepening samadhi and insight. Opening the door to an expansion of the heart and to liberating wisdom. In support of the Buddha's teachings, Kristina also draws on

knowledge from western psychology and Somatic Experiencing. She invites a kind, patient, and embodied approach as a base for samadhi and insight meditation practices.

Tempel Smith teaches Mindfulness, Insight and Metta meditation with an emphasis on Buddhist psychology and mind-body awareness. He spent a year as a monk in Burma with Sayadaw U Pandita and Pa Auk Sayadaw. Tempel serves on the Spirit Rock Governing Teachers Council, organizes the Dedicated Practitioners Program (DPP), Concentration, and Month Long retreats for Spirit Rock, and teaches classes online for experienced students.

Besides the teachers, the staff of this one-week Mindfulness retreat will consist of a resident retreat manager (the point of contact in case of any difficulties) and a retreat cook. There will be three nutritious vegetarian meals per day.

THE RETREAT FACILITY

Hyperslow Retreat @ San Geronimo Lodge (HSG), Taos, NM is situated among fruit trees along the banks of the Acequia Madres, and provides the privacy, quiet, and sense of harmony that is most conducive to intensive practice. There are beautiful indoor and outdoor areas suitable for sitting and walking meditation. It is situated at 7000 ft elevation on 2 1/2 acres of private naturally serene and beautiful land.

The Mountain Hermitage will have the exclusive use of HSG during this one-week retreat. Each room is spacious enough to allow for both sitting and walking meditation for those who wish to practice in a more secluded setting. The walking labyrinth is still there!

The meditation hall, bedrooms, walking spaces, dining room, and kitchen are all within one building. There is one wheelchair accessible bedroom with enough beds to allow for an attendant, if needed.

Information about transportation and what to bring will be sent to those accepted into the retreat in time for making travel arrangements and packing.

FEES

Fees are on a sliding scale to allow you to pay according to your means. Our actual cost for this week-long retreat per person is \$1429. 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 \$1429 will be gratefully received and treated as a tax-deductible donation.

Sliding Scale Fees:

\$1229 (low) \$1429 (actual cost) \$1786 (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: rental of the Lodge and attached expenses; other general retreat expenses; a retreat cook; a small stipend for the retreat manager; a small parsonage to the teacher to help cover ongoing home expenses for the duration of the retreat; teacher, cook, and manager transportation. As you well know, transportation and rental costs have increased over the past 4 years. We have done our best to keep the retreat fees as low as possible without jeopardizing our and our teachers' financial health and well-being. Thank you for your understanding!

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.

MEAL DANA

All Mountain Hermitage retreats offer participants an opportunity to offer *Dana* to specifically help cover the cost of meals during the retreat - for an entire day or for individual meals. The suggested amount for each of these will be posted at the retreat next to the Meal *Dana* basket.

HOW TO MAKE AN OFFERING

At the end of the retreat, *Dana* envelopes will be provided. 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

DEPOSIT

Please send your deposit with your application. The deposit is: \$635. Please note that recently we have had to change our deposit, refund, and cancellation policies. This change is due to a large number of people cancelling after we had paid our non-refundable rent balance for the Spring 2023 retreat. If you cancel on or after **February 7, 2023**, your deposit will be non-refundable. **Please consider carefully if you are fully committed to sitting this retreat.**

The deposit will not be banked until your registration is confirmed and will be applied to the total fee for those accepted to attend. The deposit 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 deposit must accompany your application, even if you are requesting scholarship funds. No monies will be banked until you are accepted on the retreat. The balance of the retreat fee is due when you arrive for the retreat, or you can mail the balance to us in advance. If possible, we appreciate you paying the full fee (deposit plus balance) at the time of application or on acceptance, as this improves our efficiency. However this is not necessary.

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 6, 2024: your deposit will be returned minus a \$25 cancellation fee.

Cancellations received on or after February 7, 2024, including non-attendance at the retreat: your deposit cannot be refunded. If you have already paid the balance, then that balance will be refunded minus the \$635 deposit/cancellation fee.

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

In the event of specific, unusual emergency circumstances, the cancellation policy can be discussed with *The Mountain Hermitage* Office Manager after the retreat is concluded. If you attend the retreat but for some reason decide on your own to leave early, the deposit and balance you have paid cannot be refunded to you.

APPLICATION

Anyone interested in attending the retreat must have read this document. Then, complete the Application Form and Covid Waiver of Liability, attach your deposit, and mail to: *The Mountain Hermitage*, PO Box 807, Ranchos de Taos, NM 87557.

Applications, covid waiver liability forms, and deposits are requested by **March 7, 2024**. Late applications will be considered on a space available basis. Applications will be accepted only by mail, not by phone, fax, or e-mail, because they must be accompanied by the appropriate deposit.

Incomplete registrations, including those without sufficient deposit, 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 prior to determination of suitability for this type of practice. All applications are processed by date received. We will respond within two weeks from receipt of your application.

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

WAIT LIST

Places are limited to 15 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 deposit will be returned.

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