



# Mindfulness of the Body Retreat with Kristina Baré & Tempel Smith

April 14 - 21, 2024

Hyperslow Retreat Center  
San Geronimo Lodge, Taos, NM

*Applications and fees are requested by March 7, 2024.*

**Sliding scale fees:**

**\$1229 (low) \$1429 (actual cost) \$1786 (benefactor)**

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.



**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 teaching, she 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.

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