



THE MOUNTAIN HERMITAGE
FINDING FREEDOM THROUGH
INSIGHT MEDITATION RETREAT

with Brian Lesage

JANUARY 21 - 28, 2025

Hyperslow Retreat Center @ San Geronimo Lodge
Taos, NM

Insight meditation is a simple and direct practice based on moment-to-moment awareness, a technique that opens the heart and clears the mind. This will be an opportunity to practice continuous mindfulness in silence throughout the day—in sitting and walking meditation. In the silence we are freed from much of the daily barrage of stimulus that draws our attention outward, letting us delve deeply inward. Learning to be aware of our experience from a place of stillness and equanimity allows us to see more clearly, and as insight deepens, compassion and wisdom can arise.

The retreat is designed for beginners and experienced practitioners alike and will include meditation instruction, *Dharma* talks, teacher interviews and discussion time.

*Applications are requested soon as space is limited to 15 practitioners..
Limited scholarship funding is available.*

Sliding scale fees: low (\$1320) actual (\$1520) benefactor (\$1900) .

Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, *Theravada* and Tibetan schools of Buddhism. He was ordained in the *Rinzai* Zen tradition in 1996. His training in *Vipassana* Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma. For more information about Brian, please visit his website for Somatic Experiencing at: www.liberatingawareness.com.



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