

Twenty-Day Vipassana Retreat for Experienced Students

with Sayadaw U. Vivekananda

May 6 – 26, 2025

[Hyperslow Retreat Center @ San Geronimo Lodge, Taos, NM](#)

TMH's COVID - 19 Protocol

It is our deep hope that our 2025 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 will 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 Mountain Hermitage is pleased and honored to offer a 20-day Vipassana retreat taught by Sayadaw U. Vivekananda at Hyperslow Retreat Center @ San Geronimo Lodge in Taos, NM. This retreat will follow a specific format based on the Mahasi approach to Vipassana practice. We invite experienced practitioners to join us for the full twenty days.

A scholarship fund has been established to offer limited financial aid to those who would otherwise not be able to attend and to promote diversity. There is no fee required of monastics who would like to attend this retreat (spaces are limited). Applications and deposits are requested by April 6, 2025. Late applications will be considered on a space available basis.

Printable Forms are located at the bottom of this page.

DESCRIPTION OF THE PRACTICE

As taught in the tradition of the late Venerable Mahasi Sayadaw of Myanmar, Vipassana meditation consists of continuous mindfulness in sitting and walking meditation, and in all general activities. During sitting meditation one's awareness is directed to the most prominent physical or mental object of observation, beginning with the rising and falling movement of the abdomen. Slowing down bodily movements throughout one's daily activities and restraining the senses are essential aspects of the practice. Meditators are supported and guided in their practice through regular interviews and Dhamma discourses. All meditators are required to observe the 'Eight training precepts'; and to maintain 'Noble silence' throughout the course of the retreat.

Through an unbroken and continuous observation of distinct physical and mental objects arising in one's meditation, a meditator will come to understand the three universal characteristics of all phenomena; that they are impermanent, unsatisfactory, and void of an abiding self. The ultimate aim and primary benefit of this Vipassana practice is the attainment of path knowledge and fruition knowledge, which take 'Nibbana', the State of Peace, as an object.

The mind has a tendency to be dominated by various unwholesome mental states such as greed, anger, fear, ignorance, pride, wrong views, doubts, laziness, restlessness, and worry, to name just a few. These can be seen as the causes for suffering, both in us and in all beings. Through careful observation these unwholesome mental states will subside, allowing wholesome mental states to arise in their place. Mental states such as effort, mindfulness, concentration, intuitive wisdom, joy, tranquility, peace, happiness, loving kindness, compassion, empathy, equanimity, contentment, and patience reduce suffering and increase a person's mental and physical well-being. This is known as the purification of the mind, which is another major benefit of Vipassana meditation.

PREREQUISITES FOR THIS RETREAT

You must have sat three or more 7-10 day retreats or a retreat of one month or longer.

These retreats must have been led by a recognized teacher. Details of the qualifying retreats, including teachers' names, dates, location and length of the retreat, must be documented on the application form.

Preference will be given to those who have practiced in the Mahasi style as described above.

TEACHER

Venerable Sayadaw U. Vivekananda has trained under the Venerable Sayadaw U Panditabhivamsa of Myanmar since 1988. He is the resident teacher and abbot at Panditarama Lumbini International Vipassana Meditation Center, Lumbini, Nepal. He has been teaching Vipassana meditation and Brahma Vihara meditation in the tradition of the Venerable Mahasi Sayadaw since 1998 in Lumbini, Nepal, the United States, Europe, and Israel. Venerable Vivekananda guides meditators in a precise and encouraging manner.

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 twenty day 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 are two wheelchair accessible bedrooms with enough beds to allow for an attendant(s), 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. There is no fee for monastics, but space is limited. Please pay at least the mid-range amount if you are able, to allow others to attend who may need to pay less. Our actual cost for the twenty days per retreatant is \$3649. A portion of our scholarship fund is being allocated for this retreat to allow us to continue to offer the low range on the sliding scale. Any amount above \$3649 will be gratefully received and treated as a tax-deductible donation. Please read the Special Deposit section below.

Sliding Scale fees:

\$3449 (low) \$3649 (actual cost) \$4561 (benefactor)

Limited scholarship funds are available. Please fill out the special scholarship application form and include this with your regular application form.

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 this Vipassana Retreat will be used to pay for: rental cost of the retreat facility and attached expenses; other general retreat expenses; modest stipends and travel expenses for the teacher & retreat manager; a retreat cook providing 2 meals a day & travel; and a modest donation to Sayadaw's Meditation

Center. As you well know, transportation and rental costs have increased over the past 6 years. We have done our very best to keep the retreat fees as modest as possible without jeopardizing our and our teachers' financial health and well-being. Thank you for your understanding!

SPECIAL DEPOSIT SECTION

We have a large rental payment due early, so we need to request more deposit money from you for this particular retreat. 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 rental payment for the Spring 2023 retreat.

** An initial deposit of \$1250 USD is required to accompany your application.

** Another deposit of \$1250 USD is due before February 21, 2025

** The remaining balance can be paid at any point on or before May 6, 2025.

If you cancel on or before March 5, 2025 (and if there is a waitlist), your deposits will be refunded minus a \$25 cancellation fee. If you cancel on or before March 5, 2025 (and if there is no waitlist), your deposits are non-refundable. If you cancel on or after March 6, 2025, your deposits are non-refundable.

If you would like to pay your deposits and balance due by credit card, please contact Kathy the TMH office manager at hermitage@mountainhermitage.org

Please consider carefully if you are fully committed to sitting this retreat.

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

PAYMENTS

The initial deposit of \$1250 must accompany your application. Please refer to scholarship application/information form below for information on deposit amount that needs to accompany scholarship applications. No monies will be banked until you are accepted in the retreat.

A second deposit of \$1250 USD is due before February 21, 2025. The remaining balance can be paid at any point on or before May 6, 2025.

Please pay by check or money order in US funds, drawn on a US bank. We cannot accept foreign cash or bank drafts. We can accept international money orders in US dollars. Checks/money orders should be made payable to THE MOUNTAIN HERMITAGE.

If you would like to pay your deposits and balance due by credit card, please contact Kathy the TMH office manager at hermitage@mountainhermitage.org

CANCELLATION POLICY

Cancellation fees apply to all confirmed registrations.

Cancellations received on or before March 5, 2025 (and if there is a waitlist) your deposits will be refunded minus a \$25 cancellation fee.

Cancellations received on or before March 5, 2025 (and if there is no waitlist) your deposits are non-refundable.

Cancellations on or after March 6, 2026, including non-attendance at the retreat, your deposits are non-refundable. If you have already paid the balance, then that balance will be refunded minus the \$2500 deposits.

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 May 26, 2025, when 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 this twenty-day retreat should read this document and the separate Practice Guidelines. Then, complete the Application form and Waiver of Liability, attach your initial deposit, and mail to: The Mountain Hermitage, PO Box 807, Ranchos de Taos, NM 87557-0807.

Applications and deposits are requested by April 6, 2025. Late applications will be considered on a space available basis. Incomplete application, 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 one of the teachers prior to determination of suitability for this type of practice. All applications are processed by date received. We will respond within four 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.

Printable Documents and Forms...

- Introduction (print-friendly version of this page)
- [Practice Guidelines](#)
- [Application](#)
- [Waiver of Liability](#)
- [Scholarship Application & Information](#)
- [Retreat Flyer](#)