



OCTOBER 12-14, 2010

Starting at 11 AM on Tuesday and ending at 2 PM on Thursday

At the beautiful Professor Valley Field Camp
Just 20 miles from Moab

The retreat is appropriate for beginning and experienced meditators. It will offer a variety of sitting and walking meditation practices, dharma talks, and individual meditation instruction. The natural world will serve as a support for spiritual practice and inquiry. The retreat will be held in Noble Silence.

Participants will be lodging in unheated tipis, with cots for 4 persons in each tipi. There is camping space available for those who would prefer their own tent. You will need to bring your own sleeping bags/ camping gear. All meals provided.

Cost is on a sliding scale of \$130-\$150 with a \$20 early bird discount if you register before August 30th. This fee covers only the facility and food costs. There will be an opportunity to make a contribution to the teacher and the cook. For more information on 'dana' or generosity, please see the website. For additional retreat information and to register go to www.deserthharma.org or contact Dorothy: dlharding1@yahoo.com. Full payment is due at the time of registration.

Susie Harrington will lead the retreat. She has been practicing meditation since 1989, primarily in the Insight meditation tradition. She has been teaching since 2005 under the directions of her teachers-Guy Armstrong, Jack Kornfield and Tory Capron. Advaita Vedanta and Dzogchen teachers have also influenced her practice.

Sponsored by the Moab Sangha