



Sitting with the trees: A vipassana meditation retreat near Petrolia, Ca.

6 pm Friday June 25th through Monday June 28th 1 pm

Sunday departure by advanced arrangement.

This retreat will be in an outdoor setting, with the intention of cultivating our relationship to the natural world as teacher, source and refuge. Practicing Insight meditation amongst the trees, just as the Buddha did, we return to the most ancient and celebrated of temples.

Our time at this beautiful rural homestead will mostly be in silence: practicing sitting and walking meditation and listening to Dharma talks. There will also be time for some individual teacher interviews, and a question and answer period.

Accommodations will mostly be your own tents or sleeping bags, with a few indoor spaces available.

The retreat fee of \$75 will cover food costs and travel reimbursement for our teacher. There will also be an opportunity to make a Dana contribution for the teachings and the retreat space.

The retreat will be lead by Susie Harrington.

Susie has been meditating since 1989, and been engaged in Insight meditation practice since 1995. Teaching since 2005 under the direction of her teachers Guy Armstrong, Jack Kornfield, and Tory Capron, she has also been influenced by Advaita Vedanta and Dzochén teachers. She is a graduate of Hakomi Therapy (a somatic psychotherapy modality). She has been an outdoor professional for over 30 years, including years as a river guide, mountaineering guide, and backcountry ranger.

For more information or to register please email or call: Len Wolff at riverwolf@sbcglboal.net, 707-845-3395, or Greg Smith at gspetrolia@gmail.com, 707-499-2480, or Margaret Smith at margaretasmith@gmail.com, 707-499-1931.