

Touching the Earth: Nature as a gateway to the heart An Insight Meditation Retreat

Led by Susie Harrington and Jaya Rudgard

A three or ten day outdoor residential retreat held at:

Touch of Paradise Camp, 692 West Mt Pisgah Rd. (8700 South), Paradise, Utah 84328

DESCRIPTION OF THE RETREAT:

This residential retreat will be an opportunity to sit and walk in silent meditation practice in a lush pastoral setting. Looking deeply into the heart of our experience, we will examine the habits of mind that cause us to suffer. When we bring our compassionate attention to moment-to-moment experience, our hearts and minds relax and we can access freedom, contentment and well-being.

This retreat will take place primarily outside, with camping or bunkhouse accommodations available. In addition to sitting and walking meditation, there will be dharma talks, meetings with the teachers, chanting and mindful movement. We will be sitting and practicing outside, under the shade of trees by the creek at Touch of Paradise Camp. We warmly welcome those newer to practice, as well as experienced practitioners.

While we encourage you to attend the full retreat, we understand that this won't be possible for everyone. As such, a weekend option is available. If cost is a limiting factor for attending the full retreat, please let the organizers know and scholarships will be offered where possible. If you are able to offer support for a scholarship position, please let the organizers know. Thank you!

SCHEDULE:

Full retreat: July 22 –July 31 2016: Friday 5 PM to Sunday 11 AM or

Weekend only: Friday at 5 PM to Sunday 4 PM.

On Friday, plan to arrive between 3:45 and 4:30 to get settled in.

ACCOMODATIONS: Shared cabins or camping

COST:

In addition to these costs, we offer dana (donation) for our teachers.

Full retreat: Sliding scale of \$350-500 – deposit \$150

Weekend only: Sliding scale of \$100-150 - deposit \$50

DEPOSIT is due as soon as you register.

Cost includes meals and shared cabin if desired. Tents for camping and bedding in cabins not provided. Meals provided: dinner Friday night, 3 meals Saturday (July 23) through Saturday (July 30), and breakfast Sunday (July 31). Weekend only participants will leave before dinner on Sunday (July 24). An experienced

cook will prepare meals with assistance from retreat participants. Showers and bathrooms provided in a group bathhouse.

CANCELLATIONS: We offer a full refund of all payment when you cancel before 15 July. If you must cancel after 15 July, we will refund any payment above the deposit and we will only refund your deposit once we have met our costs.

DESCRIPTION OF OUR RETREAT LEADERS:

Susie Harrington teaches meditation nationwide and is the guiding teacher for Desert Dharma, which serves many communities in the Southwest near her home in Moab, Utah. She has trained in the Insight tradition since 1989, and in 2005 was invited into teaching by Jack Kornfield, Joseph Goldstein, and Guy Armstrong. Her teaching is deeply grounded in the body and often emphasizes the expression of mindfulness in speech and daily life. Susie brings the skills of inquiry, relational dharma, and the psychological/spiritual interface from her training in Hakomi Therapy and the Diamond Approach. Believing nature to be a profound teacher, and a gateway to our true self, she often offers retreats outside.

Jaya Rudgard^[1] began meditating as a teenager in the UK. From 1996-2005 she practised as a nun in the Thai Forest tradition, with Ajahn Sumedho as her main teacher. This tradition emphasizes mindfulness in all aspects of daily life in order to learn from our direct experience what leads to suffering and what leads to freedom. Jaya's passion is sharing this inquiry and path of practice with others both inside and outside the context of traditional Buddhism. She teaches mainstream Mindfulness and Mindful Self Compassion in the UK and Insight Meditation at Gaia House, Spirit Rock and IMS.

REGISTRATION & PAYMENT OPTIONS:

Online registration: <http://www.desertdharma.org/Retreats/retreats.html>

Payment options include check, credit/debit, or paypal.

Mail checks (payable to Dan Judd) to Dan Judd, Treasurer CV Sangha, 184 S. 530 East, Smithfield, UT 84335

Please make your deposit as you register and if you want to make payments over time, just email sanghacv@gmail.com to provide details of your plan.

PLEASE BRING:

Please bring your own bedding; a blanket or pad for laying down meditation, and cushions/bench and/or chair for sitting meditation; personal needs for bathing; and clothing and protection for the season including raingear. Also consider bringing tea to share, water bottle, and a vessel for drinking tea.

