



Self-Retreat with Community

Albuquerque Vipassana Sangha

This retreat will follow a self-retreat meditation practice format within a community of participants who will undertake the five precepts, prepare and cook meals together, and support an environment of silence and simplicity. There will be periods of group meetings and extended periods without a fixed schedule. There will not be a teacher available for instructions or interviews for this self-retreat.

This retreat is for experienced meditators. An experienced meditator for this retreat means previous participation in at least two meditation retreats (any tradition) of seven days or longer and feels comfortable with oversight of their own meditation practice and schedule.

This retreat has room for a total of 12 participants.

Dates: Start Saturday 9:00 AM May 25 and end Monday May 27 at 2:00 PM after lunch. A total of two nights.

Location: Norbertine Community 5825 Coors Blvd SW Albuquerque, NM

Accommodation: Single rooms.

Meals: Simple vegetarian meals (dairy and non-dairy).

Retreat Cost: \$120.00 (90 for 2 nights plus 30 for food).

Registration

Step (1):

Go to URL link: <http://albqselfretreat.eventbrite.com> and complete registration form.

Step (2):

Please write \$120.00 retreat check to Albuquerque Vipassana Sangha.

After May 3, 2013 date the retreat payment check is not refundable. This money will go to cover the cost of the retreat or will be given to the Sangha Scholarship Fund.

Mail below form & check to: Mark Pugsley 2212 Marie Place NW Albuquerque, NM 87104

You will receive confirmation and further information by email. For questions, contact: Mark Pugsley 505-715-2011.

Name _____

Email _____

Address _____

Phone _____

City _____ State _____

Zip _____

FEE: Please write the exact total you will pay for the retreat: \$ _____ total amount.

Special needs: disabilities or food allergies:
