

Awareness, Wisdom, and Love: The Heart of the Buddha's Path

Silent Vipassana Retreat

Sponsored by the Albuquerque Vipassana Sangha

Led by

Sally Armstrong and Guy Armstrong

Sunday March 20th - Friday March 25th, 2011

Madonna Retreat Center
4040 St. Joseph Place NW
Albuquerque, NM 87120

Registration and check-in: 4:00 - 6:30 p.m., March 20th, dinner at 5:30 p.m.

Retreat begins 7:00 PM, March 20th and ends before lunch March 25th

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Love and understanding are the hallmarks of a spiritual life. Insight meditation (vipassana) teaches us to develop these qualities through a steady awareness of our moment-to-moment experience. As we learn to settle back into this moment, free from old habits of clinging and fear, wisdom and warmth flower naturally. The retreat will include full vipassana instructions, silent sitting and walking, dharma talks and interviews, as well as a daily period of lovingkindness meditation. The retreat is open to both new and experienced meditators.

### **SALLY AND GUY ARMSTRONG**

Guy Armstrong has been practicing Insight meditation for 35 years. His training included a year as a Buddhist monk in Thailand, primarily with Ajahn Buddhadasa. He began teaching in 1984 and has led retreats in the U.S., Europe and Australia. Guy is a member of the Spirit Rock Teachers Council and a Guiding Teacher of Insight Meditation Society.

Sally Armstrong began practicing vipassana meditation in India in 1981. She lived in England for 5 years, where she managed Gaia House retreat center and helped to found the Sharpham meditation community. She also worked at Spirit Rock in a number of roles, including executive director. She began teaching in 1996, and is one of the guiding teachers of Spirit Rock's Dedicated Practitioner Program.

***For information, contact the registrar:***

Gary Serrino at (505) 222-5641 or by e-mail at: [avsretreat@gmail.com](mailto:avsretreat@gmail.com)

Information and forms are also available at [www.abqsangha.org](http://www.abqsangha.org)

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**Sliding Scale Fee for room and board:**

**Low:** \$360  
**Actual cost:** \$450  
**Benefactor:** \$540

Please note that any amount above \$450 will be gratefully received and treated as a tax-deductible donation.

The sliding scale fee covers your room and vegetarian meals. Rooms will be assigned in the order that deposits are received. If your room choice is unavailable, you will be notified and offered another option. Fifty (50) is the maximum number of retreatants for this retreat. In order to maintain the closed container of the retreat, commuter registrations and part-time registration will not be available. Please be mindful that you will not be able to participate in this retreat unless you register. *The teachers are requesting that participants commit to arriving at the beginning of the retreat and staying until the end.*

**Rooms:**

You may register for either style of room. The cost is the same for either:

- **single room with shared bath**
- **shared double room with private bath.**

It is the intention of the Albuquerque Vipassana Sangha that no one refrains from taking part in any retreat we sponsor due to financial considerations. Please let the registrar know if you may need financial assistance.

**Important Dana Note:** In keeping with our tradition that dharma teachings are priceless and freely given, *compensation for the teachers is **not** included in the retreat fees.* The teachers offer their wisdom and guidance without charge. At the end of the retreat, participants have the opportunity to return this generosity by making a *dana* donation to support our teachers in their ongoing work of serving the dharma. When planning for the retreat and considering your gift, please reflect on the value of the teachings in your life and remember that our teachers rely exclusively on *dana* for their livelihoods.

**Registration Form**

**Sally Armstrong and Guy Armstrong Sunday March 20<sup>th</sup> - Friday March 25<sup>th</sup>, 2011**

Name: \_\_\_\_\_ Email (print clearly): \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Room Pref. 1<sup>st</sup> choice: \_\_\_\_\_ 2<sup>nd</sup> choice: \_\_\_\_\_ Roommate pref. (dbl) \_\_\_\_\_

Special food needs: \_\_\_\_\_

Other special needs: \_\_\_\_\_

**Fill out registration form and, enclose a \$100 deposit, & mail prior to February 20<sup>th</sup>, 2011 to:**

Gary Serrino at 7204 Painted Pony Trail NW, Albuquerque, NM 87120.

Make checks payable to "Albuquerque Vipassana Sangha" and earmark for the retreat.

**The deposit is non-refundable after February 20th, 2010. *Remainder of fee is due by March 5, 2011.***

Due to the cost of reserving retreat space,  
after March 5<sup>th</sup>, you will be responsible for the full fee if you cancel.