

ALBUQUERQUE VIPASSANA SANGHA PRESENTS

A Silent Vipassana Retreat



“Love and Awareness”

Led by Eric Kolvig and Lila Kate Wheeler

October 3 - October 7, 2009

Madonna Retreat Center

4040 St. Joseph Place NW

Albuquerque, NM 87120

AS WE BEFRIEND and embrace all parts of ourselves through forgiveness, understanding and love, we let our Buddha nature shine through and awaken that quality in others. This retreat will include mindfulness and guided loving kindness practice. It will incorporate silent sitting and walking meditation, interviews with teachers, question and answer periods, and evening dharma talks.

Eric Kolvig, Ph.D., has been teaching Vipassana since 1985 and leads meditation retreats all over the U.S. He studied and practiced for years with prominent teachers at the Insight Meditation Society in Barre, MA, and also trained in the Zen tradition. Eric is particularly interested in supporting "grassroots dharma," self-organized local communities like the Albuquerque Vipassana Sangha where he serves as guiding teacher.

Lila Kate Wheeler has practiced Dharma since 1977 in Asia and the West. A prizewinning writer of fiction and journalism, she is working on her second novel about Buddhists in the USA. She began teaching meditation in the mid-1980s.

Registration and check-in at Madonna Center 8:30-9:45 AM Saturday, October 3

Retreat begins at 10:00 AM Saturday and ends after lunch Wednesday, October 7

For more information contact Registrar Mark Steele at 366-3760 or sanghamark@comcast.net. Information and forms are also available at www.abqsangha.org

Fee Schedule/Room type:

You may register for either: single with community bath or double with private bath (same cost)
Sliding scale: low = \$308 cost = \$385 benefactor = \$462
Sliding fee covers room and vegetarian meals. Rooms will be assigned in the order in which deposits are received. A deposit of \$100 is required to register and reserve a space.

Any amount above cost will be gratefully received and treated as a tax-deductible donation.

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. We implemented a sliding scale so you may choose the level of payment that fits your circumstances. People who need further financial assistance please contact Valerie Roth at 345-3312 or email: valeroroth@q.com.

The deposit is non-refundable after August 31, 2009. *The remainder of the fee is due by Sept. 15, 2009. Due to the cost of reserving retreat space, after that date you will be responsible for the full fee if you cancel.*

The teachers request that individuals commit to staying through the full retreat.

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 in large part on *dana* for their livelihoods.

Fill out the form below and mail with \$100 deposit to Registrar: Mark Steele 715 Solano Drive SE Albuquerque, NM 87108. Make checks to "Albuquerque Vipassana Sangha" and earmark for retreat. This will reserve your space. You will receive further instructions and information from the Registrar, along with a reminder about the fee due date. Any questions contact Mark at 366-3760 or email sanghamark@comcast.net.

Registration Form - Kolvig/Wheeler Vipassana Retreat - Albuquerque, Oct 3-7, 2009

Name _____ Email (print clearly) _____

Address _____ Zip _____

Phone(s) _____

Room Preference: _____ single/community bath
_____ double/private bath; Roommate preference: _____

Special food needs _____

Other special needs _____

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