

# Daylong Silent Meditation with Susie Harrington

Albuquerque Vipassana Sangha

## Finding Ease in an Impermanent World: An Exploration of Equanimity

Saturday 12/10/2011      9 am to 4 pm

Please bring a bag lunch. Chairs are provided.  
Bring a cushion or bench if you like.



Susie Harrington has been practicing meditation for more than 20 years, focusing on Insight Meditation since 1995. Susie began teaching the Dharma in 2005 under the direction of her teachers Guy Armstrong, Jack Kornfield, and Tory Capron. She has also been guided by Eric Kolvig, with whom she shares a love of nature retreats, as well as Adyashanti and other Tibetan teachers. Believing nature to be a natural gateway to our true selves, Susie frequently offers retreats in the natural world. Her teaching is deeply grounded in the body, emphasizing embodiment of our practice in speech and daily life. She is a graduate of Hakomi Therapy (a somatic psychotherapy modality), and teaches throughout the Four Corners area and California.

Her visit will also include two Dharma talks on the following dates:

Thursday night 12/8/11      Awakening and the Cultivation of the Path.

Sunday night 12/11/11      Generosity and Realizing Non-separation.

For more information visit our website: [www.abqsangha.org](http://www.abqsangha.org)

For more information on Susie Harrington visit her website: [www.desertdharma.org](http://www.desertdharma.org)