



Insight Meditation Retreat

Conscious Contact and Mindful Recovery

with

Kevin Griffin and Jill Satterfield

Greg Pergament (Chi Kung) and Walt Opie (assistant teacher)

April 27 - May 4, 2019

at the Vajrapani Institute, Boulder Creek, CA

Join us for this traditional Insight Meditation retreat with opportunities to delve deeply into the noble silence of meditation and mindfulness in all postures. This retreat will include instruction for mindfulness and loving kindness. Daily Dharma talks will emphasize issues related to clinging, aversion, and letting go. Progressive steps in meditation instruction will be provided each day, along with time for Q&A. Students will have the opportunity to meet with teachers in small groups and one-on-one.

The intensive nature of the retreat allows for profound personal openings, insight, and transformation. The support of the community carries us through the sometimes challenging, often inspiring elements of this deep inner work.

Daily Chi Kung practice will offer added energy to the retreat.

Kevin Griffin has been practicing meditation for over 40 years and teaching for two decades. He is known for his innovative work connecting dharma and recovery, especially through his 2004 book *One Breath at a Time: Buddhism and the Twelve Steps*. His latest book is *Living Kindness: Buddhist Teachings for a Troubled World*.

Jill Satterfield is a founding member of Spirit Rock's Mindful Yoga and Meditation Teacher Training, teaches programs at Spirit Rock regularly and at UCLA's Mindful Awareness Research Center trainings. She has been featured in publications including the NY Times, Tricycle and Shambhala Sun/Lion's Roar.

Greg Pergament (Chi Kung teacher, manager, and registrar), is the author of *Chi Kung and Recovery*. He has an extensive background in Buddhist meditation, is a firetender for Lakota Inipi ceremonies, and has helped facilitate many Vision Quests.

Walt Opie (assistant teacher) is a graduate of the Spirit Rock Community Dharma Leader program and is currently in the Insight Meditation Society's Teacher Training Program. He is a teacher with the Buddhist Prison Pathways Project. His writing is included in the recently published book *Still, In the City*.

Cost \$835 includes vegetarian meals and dorm-style room, camping and singles also available at a variety of prices.

Teachers and retreat manager/registrar may be offered donations/Dana for their efforts at the end of the retreat.

For registration and information contact Greg Pergament: wakanmonk@aol.com