

16th Annual Buddhism and the Twelve Steps

A five-day intensive meditation retreat
with
Kevin Griffin

With Greg Pergament teaching Chi Kung

October 1-6, 2019

at

Vajrapani Institute
Boulder Creek, CA



Join us for a unique meditation retreat combining traditional Buddhist practices with Twelve Step work. Primarily conducted in silence, the retreat focuses on insight/mindfulness meditation, with additional interactive exercises, lecture, and meetings exploring ways that Buddhism and the Steps can complement each other. Daily Chi Kung practice brings added benefit and energy to the retreat.

The emphasis will be on bringing mindfulness to all our activities, whether in formal meditation, movement, speaking, listening, or eating. *Participants will practice Noble Silence outside of the interactive exercises and 12-Step-style meetings.* All recovery paths are welcome, whether Twelve Step, Refuge Recovery, substance, process, or relationship-oriented.

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, sometimes inspiring elements of this deep inner work.

A minimum of 30 days clean and sober is required for attendance.

Kevin Griffin is a Buddhist teacher and author known for his innovative work connecting dharma and recovery, especially through his 2004 book *One Breath at a Time: Buddhism and the Twelve Steps*. He is a leader of the mindful recovery movement and one of the founders of the Buddhist Recovery Network. He has been a Buddhist practitioner for over thirty-five years and a teacher for two decades. His latest book is *Living Kindness: Buddhist Teachings for a Troubled World*.

Greg Pergament (Chi Kung teacher, manager, and registrar), is the author of *Chi Kung and Recovery*. Greg has been in recovery for over two decades and has studied and taught Chi Kung and Tai Chi Chuan for many years. He has an extensive background in Buddhist Vipassana meditation, is a firetender for Lakota Inipi ceremonies, and has helped facilitate many Vision Quests.

Cost \$560 includes vegetarian meals and dorm-style room.

Camping is also available for a lower rate.

A small number of single rooms and cabins are also available at a higher rate.

Teacher and retreat manager/registrar may be offered donations for their efforts at the end of the retreat. They receive no other financial compensation.

For registration and information contact Greg Pergament
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