



# Insight Meditation Retreat

*Remembering the Heart of Practice*

*with*

**Jill Satterfield:, Kevin Griffin, Walt Opie and Greg Pergament**

**April 18 – April 25, 2020**

**At Black Mountain Retreat Center in Northern California**

*Join us for an Insight Meditation retreat that will provide the opportunity to delve deeply into noble silence and stillness, movement and inquiry. Step away from daily activities to reveal what your heart and mind will delight in remembering – their inherent goodness and clarity.*

*With the foundations of mindfulness meditation and kind awareness, we'll explore how the seeds of insight blossom into wisdom and compassion.*

*Progressive steps in meditation instruction will be offered each day along with time for Q+A. Students will have the opportunity to meet with teachers one on one and in small group practice discussions.*

*Daily Chi Kung and somatic practices will bring additional portals of understanding about the mind, body and heart as well as added benefit and energy to the retreat.*

**Kevin Griffin** has been practicing meditation for over forty 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 Embodied Mindfulness and Somatic Psychology at Spirit Rock regularly and in UCLA's Mindful Awareness Research Center trainings. She has been featured in publications including the NY Times, Tricycle and Shambhala Sun.

**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 in the Buddhist Pathways Prison Project.

Dorms \$525; Double Room \$655; Single Room \$815

**To register** or for more information, contact Greg Pergament: [wakanmonk@aol.com](mailto:wakanmonk@aol.com)