

Spirit Rock Meditation Center Residential Retreats 2009



Please visit www.spiritrock.org to confirm dates and teachers. This schedule is subject to changes. Registration forms are available after the open date.

JANUARY	RETREAT	TEACHERS	OPEN DATE
Jan 4 - 11	Metta Retreat	Sylvia Boorstein, Donald Rothberg, Heather Martin, Konda Mason (yoga)	FULL with waitlist
Jan 11 - 18	Scientists' Insight Meditation Retreat	Sylvia Boorstein, Wes Nisker, Diana Winston, Trudy Goodman, Richard Davidson	Open
Jan 20 - 25	Essential Dharma Meditation Retreat	Howard Cohn, Anna Douglas, Bob Stahl	Open
Jan 26 - 31	Embodying the Sacred Feminine: A Retreat for Women	Debra Chamberlin-Taylor, Julie Wester, Anna Douglas, Sharda Rogell, Janice Gates (yoga)	Open
FEBRUARY			
Feb 1 - Mar 29	Insight Meditation 2-Month Retreat	(see 1-month teachers below)	FULL with waitlist
Feb 1 - Mar 1	Insight Meditation 1-Month Retreat	Sylvia Boorstein, James Baraz, Carol Wilson, Guy Armstrong, Sally Clough Armstrong, Martha Link (yoga)	FULL with waitlist
MARCH			
Mar 2 - 29	Insight Meditation 1-Month Retreat	Jack Kornfield, Gil Fronsdal, Trudy Goodman, Marie Mannschatz, John Travis, Adrienne Ross, Teja Bell (qigong)	FULL with waitlist
APRIL			
Apr 1 - 5	Meditation Retreat for Law Professionals	James Baraz, Norman Fischer	12/1
Apr 7 - 14	Mahamudra Retreat (LOTTERY)	Mingyur Rinpoche, Myoshin Kelley	Open
Apr 16 - 19	Insight Meditation for the Curious	Diana Winston, Mark Coleman, Tempel Smith, Maura Singer (yoga)	12/16
Apr 20 - 30	Mindfulness Training for Yoga Teachers Retreat 3	Phillip Moffitt, Mark Coleman, Anna Douglas, Anne Cushman (yoga) and others	Prepaid
Apr 23 - 30	Dedicated Practitioners' Program (DPP III) Retreat 3 (Yucca Valley)	Sally Clough Armstrong, Eugene Cash, Jack Kornfield, Thanissaro Bhikkhu, Trudy Goodman, Diana Winston	Prepaid
MAY			
May 1 - 10	Spring Insight Meditation Retreat (Yucca Valley)	Jack Kornfield, Carol Wilson, Howard Cohn, Larry Yang, Wes Nisker, Trudy Goodman, Franz Moeckl (qigong)	1/5
May 2 - 9	Women in Meditation	Christina Feldman, Narayan Liebenson Grady, Maddy Klyne, Mary Paffard (yoga)	1/6
May 10 - 20	Concentration Retreat	Sally Clough Armstrong, Eugene Cash, Adrienne Ross, Richard Shankman	1/9
May 22 - 29	Path of Engagement Retreat 5	Donald Rothberg, Adrienne Ross, Ann Masai, and others	Prepaid
May 22 - 29	The Dharma of Recovery (UWH)	John Travis, Kevin Griffin, Heather Sundberg	1/22
JUNE			
Jun 2 - 6	A Retreat for Troubled Times: An Offering to Our Community	Mary Grace Orr, Bob Stahl, Richard Shankman	
Jun 7 - 14	Essential Dharma Meditation Retreat	Anna Douglas, Howard Cohn, Wes Nisker	2/6
Jun 16 - 20	Mindfulness Meditation Retreat	Debra Chamberlin-Taylor, Noah Levine, Vinny Ferraro	2/17
Jun 21 - 26	Jewish Mindfulness Retreat	Sylvia Boorstein, Donald Rothberg, Rabbi Jeffrey Roth, Rabbi Sheila Weinberg, Rabbi Myriam Klotz (yoga)	2/20
Jun 30 - Jul 5	People of Color Meditation Retreat (LOTTERY)	Michele Benzamin-Miki, Bhante Buddhakita, Mushim (Patricia) Ikeda-Nash, Spring Washam, Konda Mason (yoga)	1/29

Residential Retreats 2009

JULY	RETREAT	TEACHERS	OPEN DATE
Jul 8 - 15	Men's Retreat	Robert Hall, John Travis, Wes Nisker, Noah Levine, Teja Bell (qigong)	3/6
Jul 17 - 24	Metta Retreat	Sally Clough Armstrong, Kamala Masters, James Baraz, Sharda Rogell	2/24
Jul 24 - Aug 2	Insight Meditation Retreat (LOTTERY)	Joseph Goldstein, Kamala Masters, Steve Armstrong	2/24
AUGUST			
Aug 5 - 9	Family Retreat (LOTTERY)	Ajahn Amaro, Gil Fronsdal, Betsy Rose, Heather Sundberg	3/5
Aug 10 - 16	Young Adults' Insight Meditation Retreat	Debra Chamberlin-Taylor, Marvin Belzer, Will Kabat-Zinn, Dori Langevin, Teja Bell (qigong)	4/10
Aug 14 - 23	Vajrapani Insight Meditation Retreat	Mary Grace Orr, Gil Fronsdal, John Travis	4/14
Aug 17 - 23	Meditation & Yoga Retreat	Anna Douglas, Howard Cohn, Larry Yang, Anne Cushman (yoga), Janice Gates (yoga)	4/17
Aug 25 - Sep 1	Living Dharma Retreat	Sally Clough Armstrong, Mary Grace Orr, Donald Rothberg	4/24
SEPTEMBER			
Sep 2 - 7	Labor Day Insight Meditation Retreat	James Baraz, Howard Cohn, Sharda Rogell, Terry Vandiver (yoga)	5/4
Sep 13 - 20	Dedicated Practitioners' Program (DPP III) Retreat 4	Sally Clough Armstrong, Eugene Cash, Ajahn Amaro, Adrienne Ross, Steve Armstrong	Prepaid
Sep 23 - 30	Meditation and the Spirit of Creativity	Anna Douglas, Wes Nisker, Barbara Kaufman (painting), Susan Moon (writing)	5/22
Sep 23 - 30	Standing Firm in That Which You Are: Mindfulness of the Body (UWH)	Mary Grace Orr, Bob Stahl, Marcy Reynolds (qigong)	5/22
OCTOBER			
Oct 2 - 9	Awakening Through the Sacred Feminine - a Women's Retreat	Julie Wester, Debra Chamberlin-Taylor, Anna Douglas, Tsultrim Allione (guest teacher)	6/2
Oct 13 - 18	Living the Dharma in Daily Life	Phillip Moffitt	6/12
Oct 13 - 18	Transforming the Judgmental Mind	Donald Rothberg	6/12
Oct 22 - 31	Insight Meditation Retreat (LOTTERY)	Sylvia Boorstein, Anna Douglas, Mary Grace Orr, Julie Wester, Larry Yang, Spring Washam, Konda Mason (yoga)	5/21
NOVEMBER			
Nov 1 - 8	Meditation and Study Retreat	Stephen Batchelor, Martine Batchelor, Sharda Rogell	7/1
Nov 1 - 8	Cultivating Clear Seeing, Opening the Heart (UWH)	Donald Rothberg	7/1
Nov 9 - 15	Awakening the Heart of Love and Wisdom: A Retreat for the Lesbian, Gay, Bisexual, Transgendered, Queer Communities (LGBTQ)	Arinna Weisman, Larry Yang	7/9
Nov 16 - 21	Insight Meditation Retreat	Mary Grace Orr, Howard Cohn	7/17
Nov 22 - Dec 2	Thanksgiving Insight Meditation Retreat	Robert Hall, John Travis, Wes Nisker, Trudy Goodman, Teja Bell (qigong)	7/22
DECEMBER			
Dec 15 - 20	Contemplating Peace: a Holy Day Retreat	Eugene Cash, Howard Cohn, Pamela Weiss, Martina Schneider, Ada Shedlock (yoga)	8/13
Dec 20 - 23	Insight Meditation at the Solstice: Embracing the Dark, Inviting the Light	Donald Rothberg, John Travis, Heather Sundberg	8/20
Dec 26 - Jan 3	New Year's Retreat (LOTTERY)	Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, Janice Clarfield (yoga)	7/27

(UWH) Upper Walking Hall - parallel retreat

Insight Meditation (Vipassana in Pali) is a simple technique beginning with focusing the attention on the breath. The practice concentrates and calms the mind. It allows one to see through one's conditioning and thereby to live more fully present in the moment. Its presentation through Spirit Rock is non-sectarian, although the ethics and traditions of Buddhist psychology are included for guidance.



The taking of the precept of harmlessness is part of the retreat opening talk. This creates an atmosphere of safety in which each person can explore her/his own inner states and mental processes. The practice develops clarity of seeing which allows grasping, judgment and fear to fall away. One discovers and cultivates qualities such as compassion, equanimity, wisdom, joy and moral integrity. The ultimate aim of the practice is the ending of suffering in the discovery of an unconditioned and complete freedom.

Insight meditation retreats are for both new and experienced meditators unless otherwise noted. Daily dharma talks and instruction in meditation are given, and individual and group interviews are arranged with the teachers at regular intervals. A typical daily schedule starts at 6 am and ends at 10 pm. The entire day is spent in silent meditation practice with alternating periods of sitting, walking and eating meditation. Meals are vegetarian and are prepared with health and nutrition in mind. Lunch is the main meal of the day, and a light meal is served in the late afternoon. The combination of this regular schedule, group support, silence and instruction provides a beneficial environment for developing and deepening meditation practice.

Registration

1. Registration for most retreats begins four months before the retreat (for lottery retreats, five months before); check our website for the open date. Forms are available on our website; each retreat is different, so download the form for the retreat you want to attend. Complete the form and return it with payment to the Registrar. If you cannot download the forms, call the Registration Department at (415) 488-0164 x 247 to request forms.
2. You will receive a confirmation packet via email or mail.
3. Important—your space is not confirmed until you receive a confirmation letter or an email.

If you have questions about the retreat, please email retreats@spiritrock.org or call the Registration Department at (415) 488-0164 x 247.

Cancellations and Refunds

There is a non-refundable cancellation fee. The cancellation fee varies according to retreat. Cancellation fees are on the registration form and confirmation letter. If you must cancel for any reason, please call (415) 488-0164 x 247, or email retreats@spiritrock.org.

Lotteries

For retreats where we expect demand to exceed available space, a lottery is used to select retreatants. The lottery will open to accept registration forms 5 months before the start of the retreat, and the lottery will take place 1 month after that. All registration forms and payments must be received by the afternoon before the lottery takes place. The lottery date will be included with your registration forms. We will notify you by email within two weeks after the lottery about your status. (Commuter spaces are opened if residential spaces are filled.)

Sliding Scale Pricing

Sliding scale base prices reflect Spirit Rock's program cost. Anyone who pays above the base price will be making a tax-deductible contribution to Spirit Rock of each dollar paid over the minimum. We depend upon donations to subsidize about 25% of overall operating costs. Retreat prices vary with program length, with prices reduced for longer retreats. Teachers and retreat staff are supported by your donations at the end of the retreat.

Dana

At the end of each retreat, participants are given the opportunity to offer a donation to the teachers and retreat staff. This is a chance to participate in the practice of generosity (dana in Pali) that has sustained the Buddha's teachings for more than 2,500 years. The teachings are given freely, since they are considered priceless. Registration fees for retreats cover food, accommodations and a portion of Spirit Rock's operating expenses. None of this money goes directly to the teachers or retreat staff. Your generosity to the teachers and retreat staff is greatly appreciated and contributes directly to the continuation of the teachings.

Financial Assistance

Spirit Rock's deepest intention is to support the practice needs of our diverse community. Financial aid is available for residential retreats through a deferred payment plan, our scholarship funds and work retreat positions. Please apply for a scholarship only if you have a financial need that would otherwise prevent you from attending a retreat. Select the fund that best suits your situation.

- **Mudita Scholarships** are offered for those who find themselves in financial need and who would not be able to attend a retreat. A deposit of \$10 per night is usually required for all retreats. See the retreat registration form for more details.
- **Karuna Scholarships** are available for those with serious medical conditions who find themselves in financial need and who would not be able to attend a retreat.
- **People of Color (POC) Scholarships** are specifically for self-identified People of Color. Information and applications are available from the retreat registrar, or call the scholarship coordinator at (415) 488-0164 x 247; for People of Color scholarships call x 224.
- **Renunciate monastics** (monks and nuns) are always welcome to attend Spirit Rock retreats. No deposit is required; there is no deposit and no limit on the number of nights. (Please consider these words an invitation to attend our retreats. We ask that you register in advance as some retreats fill and space may not always be available.)
- **Young Adult Rate:** It is our wish to support the practice needs of meditators in early adulthood. To this end, Spirit Rock extends an invitation to young adults (age 18-26) who wish to attend our retreats. Selected retreats will have a limited number of beds available at the Young Adult rate, on a first come, first-served basis. Please check our website for Young Adult retreats.
- **Work retreat opportunities** are also available in the kitchen or with housekeeping. Applications for work retreat positions are available on our web-site or you can email workretreat@spiritrock.org after the registration opening date, or call (415) 488-0164 x 261 (housekeeping) or (415) 488-0164 x 228 (kitchen). Once you have confirmed a spot with the kitchen or housekeeping, you need to contact the Registrar and fill out the registration forms.

Carpooling to Spirit Rock

To offer or ask for a ride to any retreat (or event) at Spirit Rock, there is an online bulletin board. The ride-share bulletin board can be found at www.spiritrock.org/forum/.



5000 Sir Francis Drake Boulevard
P.O. Box 169
Woodacre, CA 94973
www.spiritrock.org

Residential Retreats 2009