

2016 Residential Retreats

JANUARY	RETREAT	TEACHERS	REGISTRATION OPENS
5 - 10	Essential Dharma Meditation Retreat	Howard Cohn, Mark Coleman, Ashley Sharp (yoga)	9/2
11 - 18	January Metta Retreat	Donald Rothberg, Sylvia Boorstein, Larry Yang, Heather Sundberg, Konda Mason (yoga)	9/9
24 - 29	Waking Up in Every World	Eugene Cash, Anushka Fernandopulle, Howard Cohn, Vinny Ferraro	10/27
FEBRUARY			
Jan 30 - Mar 26	Insight Meditation Two-Month Retreat	(see One-Month Retreat listings for teachers)	7/15
Jan 30 - Feb 27	February Insight Meditation One-Month Retreat	Guy Armstrong, James Baraz, Sally Armstrong, Erin Treat, Bonnie Duran, Martha Link (yoga)	7/15
MARCH			
Feb 27 - Mar 26	March Insight Meditation One-Month Retreat	Phillip Moffitt, Andrea Fella, Anushka Fernandopulle, Greg Scharf, Nikki Mirghafori, Kate Johnson (yoga)	7/15
30 - April 2	Insight Meditation for the Curious	Mark Coleman, Diana Winston	12/1
APRIL			
3 - 10	Equanimity: Seeing with Quiet Eyes	Kamala Masters, Sally Armstrong	12/9
3 - 10	Settling, Seeing & Spacious Awareness: A Retreat for Experienced Practitioners (UWH)	Donald Rothberg, Brian Lesage	12/15
11 - 17	Evolving Together: Mindfulness, Meditation & Modern Science	Wes Nisker, Rick Hanson, Anushka Fernandopulle, Terry Vandiver (yoga)	12/16
18 - 22	Come and See: The Liberating Power of Insight Meditation	Will Kabat-Zinn, Narayan Helen Liebenson, Teja Bell (qigong)	12/15
23 - May 1	Emptiness & Liberation*	Guy Armstrong, Gil Fronsdal, Sally Armstrong	
29 - May 8	Spring Insight Meditation Retreat (Yucca Valley) LOTTERY	Jack Kornfield, Trudy Goodman, Howard Cohn, Wes Nisker, Lila Kate Wheeler, Noah Levine, Franz Moeckl (qigong)	12/16
MAY			
2 - 8	Developing Compassion: The Fruit of Our Practice	Mary Grace Orr, Norman Fischer, Christiane Wolf, Rebecca Kronlage (yoga)	1/5
9 - 15	Taking Refuge in What Is True: Monastic Retreat (DANA)	Ayya Anandabodhi, Ayya Santacitta, Anne Oliver (yoga)	1/6
17 - 22	Awakening Joy Retreat	James Baraz, Debra Chamberlin-Taylor, Howard Cohn, Evelyn Larsen (movement)	1/13
23 - 30	Essential Teachings on the Path of Awakening	Matthew Brensilver, Jaya Rudgard, Brian Lesage	1/26
30 - Jun 5	Power of Presence: A Woman's Meditation Retreat (Angela Center)	Anna Douglas, Spring Washam, Anne Cushman, Kate Johnson (yoga)	1/27
JUNE			
1 - 10	Through Dharma Eyes with Awareness and Wisdom	Steve Armstrong, Carol Wilson, Alexis Santos, Franz Moeckl (qigong)	2/2
11 - 15	Walking Our Path Together: Insight Meditation with LGBTQI Community	Anushka Fernandopulle, Pascal Auclair	2/10
16 - 19	Invitation to Insight Meditation	Howard Cohn, Erin Treat	2/16
20 - 26	Mindfulness Facilitators Retreat	Mark Coleman, Diana Winston, Bonnie Duran	2/17
30 - July 4	Finding Freedom: A Retreat for People of Color	Anushka Fernandopulle, Bonnie Duran, JoAnna Harper	3/1

For information about retreats or CE credits, please visit www.spiritrock.org

(UWH) - Upper Walking Hall

* Open to participants in Advanced Practitioner Program (APP) and, if space is available, to experienced practitioners. See website for details.

JULY	RETREAT	TEACHERS	REGISTRATION OPENS
5 - 10	Aging, Dying, and Awakening (ages 55 and older)	Anna Douglas, Eugene Cash, Bonnie Duran	3/2
5 - 10	Natural Liberation: A Buddhist Insight Meditation Retreat (UWH)	Wes Nisker, Grove Burnett	3/2
13 - 22	July Metta Retreat	Sally Armstrong, Tempel Smith, Heather Martin	2/23
22 - 31	July Insight Meditation Retreat (LOTTERY)	Joseph Goldstein, Kamala Masters, Annie Nugent, George Mumford	2/23
AUGUST			
3 - 7	Family Retreat	Gil Fronsdal, Abhayagiri Monastic, Kate Munding, Ofosu Jones-Quartey	3/9
8 - 14	Insight Meditation for Young Adults (ages 18-32)	Tempel Smith, Debra Chamberlin-Taylor, Spring Washam, La Sarmiento, Teja Bell (qigong)	4/5
15 - 20	Moving Into Meditation with Mindful Yoga	Anna Douglas, Spring Washam, Anne Cushman, Rolf Gates (yoga)	4/13
21 - 30	Concentration Retreat	Phillip Moffitt, Sally Armstrong, Pat Coffey, Kamala Masters	4/19
31 - Sep 5	Labor Day Insight Meditation Retreat	James Baraz, Sharda Rogell, Howard Cohn, Terry Vandiver (yoga)	4/26
SEPTEMBER			
12 - 18	Meditation and the Spirit of Creativity	Anna Douglas, Anne Cushman, Barbara Kaufman (painting), Albert Flynn DeSilva (writing)	5/10
12 - 18	Mindfulness of Breathing Discourse: Study and Practice Retreat (UWH)	Tempel Smith	5/10
19 - 25	Finding Freedom in the Body: Mindfulness of the Body as a Gateway to Liberation	Mary Grace Orr, Bob Stahl, Christiane Wolf, Marcy Reynolds (qigong)	5/18
26 - Oct 2	Kind Awareness: The Integration of Metta and Vipassana	Noah Levine, JoAnna Harper, Vinny Ferraro	5/24
OCTOBER			
3 - 10	Reclaiming the Wisdom of the Mother of All Buddhas: A Women's Retreat	Joanna Macy, Debra Chamberlin-Taylor, Spring Washam, Erin Treat	6/1
11 - 16	An Undefended Heart	Howard Cohn, Spring Washam	6/8
11 - 16	Natural Radiance: The Freedom of Awareness (UWH)	Mark Coleman	6/8
19 - 29	Fall Insight Meditation Retreat (LOTTERY)	Jack Kornfield, Trudy Goodman, Wes Nisker, Lila Kate Wheeler, Will Kabat-Zinn, Christiane Wolf, Teja Bell (qigong)	5/17
30 - Nov 6	Maranasati: Contemplating Death/ Awakening to Life	Eugene Cash, Nikki Mirghafori	6/28
30 - Nov 6	Liberate the Body - Stretch the Mind: Mindfulness Meditation & Yoga Retreat (UWH)	Wes Nisker, Matthew Brensilver, Katchie Ananda (yoga)	6/28
NOVEMBER			
7 - 15	Exploring the Nature of Awareness*	Phillip Moffitt, Guy Armstrong, Sally Armstrong, Adrienne Ross	*
18 - 27	Thanksgiving Insight Meditation Retreat	Wes Nisker, Matthew Brensilver, Erin Selover, Kate Munding, Terry Vandiver (yoga)	7/19
28 - Dec 4	From Mindfulness of Breath to Radiant Mind	Donald Rothberg, Susie Harrington, Erin Selover	7/26
28 - Dec 4	Deepening your Practice (UWH)	James Baraz, Heather Martin	7/26
DECEMBER			
5 - 11	In the Presence of Love: Metta & Qigong	Spring Washam, Tempel Smith, Teja Bell (qigong)	8/3
14 - 17	Awakening in Every Moment: Mindfulness in Metta	Sylvia Boorstein, Dana DePalma	8/16
18 - 23	Solstice Insight Meditation Retreat	Donald Rothberg, John Travis, Heather Sundberg	8/17
27 - Jan 1	New Year's Teen Retreat (age 15-19) (location TBD)	Matthew Brensilver & others	8/31
27 - Jan 5	New Years Insight Retreat (LOTTERY)	Eugene Cash, Pam Weiss, Alexis Santos, Nikki Mirghafori, Janice Clarfield (yoga)	7/27

For a complete list of classes, daylong programs, and to register for retreats, please visit www.spiritrock.org

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