

2019

RESIDENTIAL
RETREATS

JANUARY

- Jan 8-15** **Metta Retreat**
Donald Rothberg, Heather Sundberg, Anushka Fernandopulle, Konda Mason, Melvin Escobar (yoga)
registration opens 9/5/18
- Jan 16-21** **Winter Insight Meditation Retreat**
Howard Cohn, Lila Kate Wheeler, Ashley Sharp (yoga)
registration opens 9/12/18
- Jan 27 -Feb 1** **Meditation, Yoga and Qigong: Awakening to the River of Life (Parallel)**
Debra Chamberlin-Taylor, Anne Cushman, Teja Bell (qigong) —*registration opens 9/26/18*
- Jan 27 -Feb 1** **Heart of Awareness (Parallel) *UWH**
Sharda Rogell —*registration opens 9/26/18*

FEBRUARY

- Feb 2 -Mar 30** **Insight Meditation Two-Month Retreat (Lottery)**
(see One-Month listings for teachers)
- Feb 2 -Mar 2** **February Insight Meditation One-Month Retreat (Lottery)**
Sally Armstrong, James Baraz, Kamala Masters, Andrea Fella, Tempel Smith, Alexis Santos Martha Link (yoga) —*lottery opened 7/18/18*

MARCH

- Mar 2-30** **March Insight Meditation One-Month Retreat (Lottery)**
Donald Rothberg, Sharda Rogell, Oren Jay Sofer Heather Sundberg, DaRa Williams/Arinna Weisman, Amana Breiby Johnson (yoga)
lottery opened 7/18/18

APRIL

- Apr 1-5** **The Power of Insight Meditation**
Mark Coleman, Diana Winston
registration opens 12/19/18
- Apr 6-14** **Mindfulness of Breathing Retreat for Experienced Students**
Bhikkhu Analayo, Ayya Anandabodhi Shaila Catherine —*registration opens 11/27/18*
- Apr 15-23** **Advanced Practitioners Program (APP2) Retreat 1**
Phillip Moffitt, Guy Armstrong, Susie Harrington, JoAnna Hardy, Brian Lesage
- Apr 27 - May 4** **Dedicated Practitioners Program (DPP6) Retreat 5**
Sally Armstrong, Ruth King, Bonnie Duran, Tempel Smith —*program participants only*

MAY

- May 5-9** **Seven Treasures for Transformation (Monastic Retreat)**
Ayya Anandabodhi, Ayya Santacitta, Ven. Dhammadipa, Marci Moberg (yoga)
registration opens 1/3/19
- May 10-16** **Maranasati: Contemplating Death / Awakening to Life (Parallel)**
Eugene Cash, Nikki Mirghafari, Bhikkhu Analayo (video guest teaching), Janice Clarfield (yoga)
registration opens 1/9/19
- May 10-16** **True Belonging (Parallel) *UWH**
Erin Treat, JoAnna Hardy —*registration opens 1/9/19*
- May 17-19** **May Benefit Retreat 2019**
Jack Kornfield & friends —*registration opens 2/12/19*
- May 20-25** **Insight Meditation - A Path of Wisdom Compassion and Freedom**
Mark Coleman, Erin Selover —*registration opens 1/15/19*
- May 26 -Jun 2** **Insight and Awakening**
Will Kabat-Zinn, Trudy Goodman
registration opens 1/28/19

JUNE

- Jun 3-9** **Awakening Joy**
James Baraz, Debra Chamberlin-Taylor, Howard Cohn Jane Baraz, Evelyn Larsen (movement)
registration opens 2/6/19
- Jun 10-16** **Aging, Dying and Awakening (ages 55+) (Parallel)**
Anna Douglas, Eugene Cash, Konda Mason
registration opens 2/13/19
- Jun 10-16** **Awake in the Wild Meditation in Nature Retreat (Parallel) *UWH**
Mark Coleman —*registration opens 2/13/19*
- Jun 17-23** **Spring Insight Meditation Retreat (Parallel)**
Matthew Brensilver, Brian Lesage
registration opens 2/20/19
- Jun 17-23** **Meditating on the Nine Bodies: A Practical Map for Insight Practitioners (Parallel) *UWH**
Phillip Moffitt, Dana DePalma
registration opens 2/20/19
- Jun 24-30** **Mindfulness for Everyone: The Basics and Beyond Without the Hype**
Diana Winston, Alex Haley
registration opens 2/27/19

*UWH = Upper Walking Hall

JULY

- Jul 1-7 **Carrying the Lamp of our Ancestors' Wisdom & Heart: A Time of Healing and Creating Legacies—A Retreat for Self-Identified People of Color** (Lottery)
Konda Mason, Noliwe Alexander, JoAnna Hardy, Lama Rod Owens, Dawn Mauricio (yoga)
lottery opens 2/4/19
- Jul **July Metta Retreat**
10-19 Tempel Smith, John Martin, Bonnie Duran
Marcy Reynolds (qigong) —*registration opens 2/12/19*
- Jul **July Insight Meditation Retreat** (Lottery)
19-28 Joseph Goldstein, Kamala Masters, Ruth King, Mark Nunberg —*lottery opens 2/12/19*

AUGUST

- Jul 31 **Family Retreat** (Lottery)
-Aug 4 Kate Munding, Ayya Anandabodhi
Ofosu Jones-Quartey —*registration opens 3/27/19*
- Aug **Insight Meditation for Young Adults**
5-11 Tempel Smith, Dori Langevin,
La Sarmiento, Marcy Reynolds (qigong)
registration opens 4/3/19
- Aug **Insight and Loving-Kindness**
12-17 Matthew Brensilver, JoAnna Hardy, Vinny Ferraro
registration opens 4/10/19
- Aug **Concentration Retreat**
18-27 Phillip Moffitt, Tempel Smith, Nikki Mirghafori,
Beth Sternlieb —*registration opens 4/17/19*

SEPTEMBER

- Aug 28 **Labor Day Insight Meditation Retreat**
-Sep 2 James Baraz, Sharda Rogell, Howard Cohn,
Terry Vandiver (yoga) —*registration opens 4/23/19*
- Aug 31 **Abhayagiri Teen Meditation Retreat**
-Sep 2 Ajahn Pasanno and Abhayagiri Monastics
registration opens 5/27/19
- Sep **Mindfulness and Heartfulness for**
10-15 **Insight and Liberation**
Anushka Fernandopulle, Jesse Maceo Vega-Frey
registration opens 5/8/19
- Sep **Finding Freedom in the Body** (Parallel)
16-22 Mary Grace Orr, Bob Stahl, Christiane Wolf,
Marcy Reynolds (qigong) —*registration opens 5/15/19*
- Sep **Natural Liberation** (Parallel) *UWH
16-22 Wes Nisker, Vinny Ferraro
registration opens 5/15/19
- Sep **Women's Meditation Retreat**
24-30 Spring Washam, Erin Selover, Konda Mason
registration opens 5/21/19

OCTOBER

- Sep 30 **Moving Into Meditation: Mindful Yoga**
- Oct 6 **and Embodied Dharma**
Anne Cushman, Leslie Booker, Dawn Mauricio
Sean Feit Oakes —*registration opens 5/29/19*
- Oct **The Fierce Urgency of Now: A Gathering of Buddhist**
7-14 **Teachers of Black African Descent**
Konda Mason, Spring Washam (coordinators)
By invitation only
- Oct **Fall Insight Meditation Retreat**
17-26 Phillip Moffitt, Erin Treat, Matthew Brensilver
registration opens 6/19/19
- Oct **Loving Awareness:**
27-31 **A Retreat for Experienced Meditators** (Lottery)
Jack Kornfield, Trudy Goodman, Teja Bell (qigong)
lottery opens 5/22/19

NOVEMBER

- Nov **Community Dharma Leader** (CDL6) *Retreat 1*
3-10 Eugene Cash, Pamela Weiss, DaRa Williams, Erin Treat
program participants only
- Nov **Advanced Practitioners Program** (APP2) *Retreat 2*
12-20 Gil Fronsdal, Susie Harington, Brian Lesage, JoAnna Hardy
- Nov 22 **Thanksgiving Retreat: A Journey into Presence,**
-Dec 1 **Peace & Gratitude**
Thanissara, Kittisara —*registration opens 7/23/19*

DECEMBER

- Dec **Finding True Refuge: LBGTQI Community**
2-8 **Meditation Retreat**
Anushka Fernandopulle, John Martin
registration opens 7/31/19
- Dec **In the Presence of Love:**
9-15 **A Metta and Qigong Retreat**
Spring Washam, Vinny Ferraro, Erin Selover,
Teja Bell (qigong) —*registration opens 8/7/19*
- Dec **Insight Meditation Winter Solstice Retreat:**
16-23 **Embracing the Dark, Inviting the Light**
Donald Rothberg, Heather Sundberg
registration opens 8/14/19
- Dec 27 **New Year's Insight Meditation Retreat** (Lottery)
-Jan 5 Eugene Cash, Pamela Weiss, DaRa Williams,
Alexis Santos, JoAnna Hardy, Susa Talan (yoga)
lottery opens 7/24/19
- Dec 27 **Teen New Year's Retreat** (Point Bonita, Sausalito)
- Jan 1 Matthew Brensilver, Marv Belzer, Dawn Scott
registration opens 8/28/19

WHY A RESIDENTIAL RETREAT?

Time in retreat allows us to step out of the complexity of our life, to listen deeply to our body, heart, and mind. Meditation retreats offer practical instruction and group support for discovering inner understanding, freedom and helping us on our path of awakening. Spirit Rock retreats combine the fertile atmosphere of silence with extensive time for meditation and walks in nature, supported by systematic teachings of the Buddha and a simple, nourishing living environment. Careful guidance and training is offered in meditation. Most retreats are suitable for both new and more experienced students.