2018 RESIDENTIAL RETREATS

JANUARY

Jan 4-11
January Metta Retreat
Sylvia Boorstein, Heather Sundberg, Donald Rothberg, Larry Yang, Konda Mason (assistant), Melvin Escobar (yoga) — registration opens 9/5/17

Jan 12-15
Awakening in Every Moment: A Retreat in Mindfulness, Metta and Morality
Sylvia Boorstein, Dana DePalma — registration opens 9/12/17

Jan 21-26
Essential Dharma Insight Meditation Retreat
Howard Cohn, Mark Coleman, Bonnie Duran, Ashley Sharp (yoga) — registration opens 9/20/17

FEBRUARY

Jan 27-Feb 24
Insight Meditation Two-Month Retreat (Lottery)
See One-Month listings for teachers; lottery opens 7/12/17

Jan 27-Feb 24
February Insight Meditation One-Month Retreat (Lottery)
James Baraz, Carol Wilson, Adrienne Ross, Greg Scharf, DaRa Williams, Erin Treat, Martha Link (yoga); lottery opens 7/12/17

MARCH

Feb 24-Mar 24
March Insight Meditation One-Month Retreat (Lottery)
Andrea Fella, Greg Scharf, Susie Harrington, Brian Lesage, John Martin, Amana Brembry Johnson (yoga); lottery opens 7/12/17

Mar 25-Apr 1
Deepening Your Meditation through Stillness and Movement
Phillip Moffitt, JoAnna Harper, Erin Treat, Alex Haley, Leslie Booker (yoga) — registration opens 4/15/17

APRIL

Apr 4-8
Insight Meditation Retreat
Mark Coleman and others — registration opens 12/5/17

Apr 9-15
Insight and Awakening
Will Kabat-Zinn, Anusika Fernandopulle — registration opens 12/6/17

Apr 16-18
Restore, Refresh, Renew: A Mindfulness Meditation Retreat for Women
Anne Cushman, Naomi Alexander, Erin Selover — registration opens 12/13/17

APRIL (cont’d)

Apr 19-26
Dedicated Practitioners Program Retreat 3
Sally Armstrong, Ruth King, Bannie Dunan, Tempel Smith — program participants only

Apr 27 - May 4
Insight: Opening the Heart with Wisdom and Compassion
Gil Fronsdal, Mary Grace Orr, John Travis, Heather Sundberg, Rebecca Kronlage (yoga) — registration opens 12/28/17

MAY

May 5-12
Contemplating Death / Awakening to Life
Eugene Cash, Nikki Mirghafori, Bhikkhu Analayo (via video cast), Janice Clarefield (yoga) — registration opens 3/9/18

May 13-20
Equanimity and Awareness (Parallel)
Kamala Masters, Sally Armstrong — registration opens 1/10/18

May 21-28
Settled, Seeing, and Spacious Awareness: A Retreat for Experienced Students (Parallel)
Donald Rothberg, Susie Harrington — registration opens 1/10/18

May 29-Jun 3
Connecting Mind and Heart (Parallel)
James Baraz, Kate Munding — registration opens 1/30/18

JUNE

Jun 4-10
Aging, Dying and Awakening (ages 55+)
(Parallel)
Anna Douglas, Eugene Cash, Donald Rothberg — registration opens 2/6/18

Jun 11-17
Natural Liberation: A Buddhist Insight Meditation Retreat (Parallel)
Wes Nisker, Vinny Ferraro — registration opens 2/6/18

Jun 11-17
Essential Teachings on the Path of Awakening (Parallel)
Matthew Brensilver, Brian Lesage — registration opens 2/13/18

Jun 17-24
The Heart of Awareness (Parallel)
Sharda Rageli — registration opens 2/13/18

Jun 20-24
Therigatha ‘Verses of the Elders’ Monastic Retreat
(Lottery) Jetsunma Tenzin Palmo, Ayya Anandabodhi, Ayya Santacitta — lottery opens 1/9/18

Jun 25-27
Insight Meditation Retreat
Teachers TBD — registration opens 2/13/18

*UWH = Upper Walking Hall

FOR UPDATES, A COMPLETE LIST OF PROGRAMS, CE CREDITS AND TO REGISTER, PLEASE VISIT WWW.SPIRITROCK.ORG

5000 SIR FRANCIS DRAKE BLVD., PO BOX 169 | WOODACRE, CA 94973 | 415.488.0164
JULY

Jun 28
Finding Strength, Wisdom and Courage:
A Retreat for People of Color
Spring Washam, Bhanu Budharakkhit, Larry Yang, Konda Mason, Roll Gates (yoga) — registration opens 2/28/18

Jul 5-10
Mindfulness for Everyone: The Basics and Beyond without the Hype
Diana Winston, Bonnie Duran, Alex Haley — registration opens 3/6/18

Jul 11-20
July Metta Retreat: Cultivating a Loving Heart
Sally Armstrong, Tempel Smith, Bonnie Duran, John Martin — registration opens 2/20/18

Jul 20-29
July Insight Meditation Retreat (Lottery)
Joseph Goldstein, Kamala Masters, Greg Scharf, RaRa Williams — lottery opens 2/20/18

AUGUST

Aug 1-5
Family Retreat (Lottery)
Gil Fronsdal, Abhayagiri Monastic, Kate Munding, Ofosu Jones-Quartey — lottery opens 3/1/18

Aug 6-12
Insight Meditation for Young Adults
Tempel Smith, JoAnna Harper, Dori Langevin, La Sarmiento — registration opens 4/4/18

Aug 13-18
A Path of Happiness: A Retreat for the LGBT*QI
Arinna Weisman, Nalilee Alexander, Susanna Renaud (yoga) — registration opens 4/11/18

Aug 19-28
Concentration Retreat
Philip Moffitt, Sally Armstrong, Donald Rothberg, Susie Harrington — registration opens 4/19/18

SEPTEMBER

Aug 29
Labor Day Insight Meditation Retreat
James Baraz, Sharda Ragell, Howard Cohn, Terry Vander (yoga) — registration opens 4/25/18

Aug 30
Abhayagiri Teen Meditation Retreat
Ajaahn Pasanno and Abhayagiri Monastics — registration opens 6/6/18

Sep 10-16
Mediation and the Spirit of Creativity
Anna Douglas, Barbara Kaufman, Nina Wise — registration opens 5/9/18

Sep 17-23
Finding Freedom in the Body (Parallel)
Mary Grace Orr, Bob Stahl, Christiane Wolf, Marcy Reynolds (qigong) — registration opens 5/16/18

Sep 24-30
Transforming the Judgemental Mind (Parallel) *UWH
Donald Rothberg — registration opens 5/16/18

Sep 24-30
Wisdom Rising: A Women's Meditation Retreat
Spring Washam, Anna Douglas, JoAnna Harper, Erin Selover — registration opens 5/23/18

OCTOBER

Oct 1-7
Evolving Together: Mindfulness Meditation and Modern Science
Wes Nisker, Rick Hanson, Nikki Mihgahfuri, Terry Vandiver (yoga) — registration opens 6/5/18

Oct 9-14
Mindfulness and Heartfulness for Insight and Liberation
Anuhsha Fernandopulle, Chas DiCapua — registration opens 6/6/18

Oct 20-24
Insight Meditation: the Convergence of Wisdom and Love
Dana DePalma, Matthew Brensilver, Diana Winston — registration opens 6/20/18

Oct 25-29
A Retreat for Experienced Meditators (Lottery)
Jack Kornfield, Trudy Goodman, Teja Bell (qigong) — lottery opens 5/23/18

NOVEMBER

Nov 8-15
Sally Armstrong, Ruth King, Bonnie Duran, Tempel Smith — program participants only

Nov 16-25
Thanksgiving Insight Meditation Retreat
Wes Nisker, Jaya Rudgard, Erin Treat, Matthew Brensilver, Terry Vandiver (yoga) — registration opens 11/17/18

Nov 26
Seven Factors of Awakening (Parallel) *UWH
Eugene Cash, Gina Sharpe, Pamela Weiss — registration opens 11/25/18

Dec 1-7
Mindfulness as a Path of Awakening (Parallel) *UWH
Mark Coleman — registration opens 11/25/18

DECEMBER

Dec 3-9
Awakening in the Body: Yoga and Meditation
Anne Cushman, Kate Johnson, Brent Morton, Rolf Gates (yoga) — registration opens 8/1/18

Dec 10-16
In the Presence of Love: A Metta and Qigong Retreat
Spring Washam, Vinny Ferraro, Erin Selover, Teja Bell (qigong) — registration opens 8/8/18

Dec 17-23
Solstice Insight Meditation Retreat
Donald Rothberg, Heathen Sundberg, John Travis — registration opens 8/15/18

Dec 27
New Year's Insight Meditation Retreat (Lottery)
Eugene Cash, Spring Washam, Pamela Weiss, RaRa Williams, Alexiss Santos, Janice Clarfield (yoga) — lottery opens 1/7/18

Dec 27
Teen New Year's Retreat (Walden West)
Teachers TBD — registration opens 8/29/18

WHY 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.

FOR UPDATES, INFORMATION ABOUT RETREATS OR CE CREDITS, PLEASE VISIT WWW.SPIRITROCK.ORG.