

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 -Mar 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 Bremby 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 11/15/17

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, Anushka Fernandopulle
registration opens 12/6/17
- Apr 16-18** **Restore, Refresh, Renew: A Mindfulness Meditation Retreat for Women**
Anne Cushman, Noliwe Alexander, Erin Selover
registration opens 12/13/17

APRIL (cont'd)

- Apr 19-26** **Dedicated Practitioners Program Retreat 3**
Sally Armstrong, Ruth King, Bonnie Duran, 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 Clarfield (yoga) —registration opens 1/9/18
- May 13-20** **Equanimity and Awareness (Parallel)**
Kamala Masters, Sally Armstrong
registration opens 1/10/18
- May 13-20** **Settled, Seeing, and Spacious Awareness: A Retreat for Experienced Students (Parallel) *UWH**
Donald Rothberg, Susie Harrington
registration opens 1/10/18
- May 21-28** **Awakening Joy**
James Baraz, Debra Chamberlin-Taylor, Howard Cohn, Jane Baraz, Evelyn Larsen (movement)
registration opens 1/23/18
- May 29 -Jun 3** **Awakening in the Nine Bodies (Parallel)**
Phillip Moffitt, Dana DePalma —registration opens 1/30/18
- May 29 -Jun 3** **Connecting Mind and Heart (Parallel) *UWH**
James Baraz, Kate Munding —registration opens 1/30/18

JUNE

- Jun 4-10** **Ageing, Dying and Awakening (ages 55+) (Parallel)**
Anna Douglas, Eugene Cash, Donald Rothberg
registration opens 2/6/18
- Jun 4-10** **Natural Liberation: A Buddhist Insight Meditation Retreat (Parallel) *UWH**
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 11-17** **The Heart of Awareness (Parallel) *UWH**
Sharda Rogell —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

JULY

- Jun 28 **Finding Strength, Wisdom and Courage:**
- Jul 4 **A Retreat for People of Color**
Spring Washam, Bhante Buddhakkhita, Larry Yang,
Konda Mason, Rolf Gates (yoga) —*registration opens 2/28/18*
- Jul **Mindfulness for Everyone: The Basics and Beyond**
5-10 **without the Hype**
Diana Winston, Bonnie Duran, Alex Haley
registration opens 3/6/18
- Jul **July Metta Retreat: Cultivating a Loving Heart**
11-20 Sally Armstrong, Tempel Smith, Bonnie Duran, John Martin
registration opens 2/20/18
- Jul **July Insight Meditation Retreat (Lottery)**
20-29 Joseph Goldstein, Kamala Masters, Greg Scharf,
DaRa Williams —*lottery opens 2/20/18*

AUGUST

- Aug **Family Retreat (Lottery)**
1-5 Gil Fronsdal, Abhayagiri Monastic, Kate Munding,
Ofosu Jones-Quartey —*lottery opens 3/1/18*
- Aug **Insight Meditation for Young Adults**
6-12 Tempel Smith, JoAnna Harper, Dori Langevin,
La Sarmiento —*registration opens 4/4/18*
- Aug **A Path of Happiness: A Retreat for the LGBT*QI**
13-18 **Gender -Fluid Community**
Arinna Weisman, Noliwe Alexander, Susanna Renaud (yoga)
registration opens 4/11/18
- Aug **Concentration Retreat**
19-28 Phillip Moffitt, Sally Armstrong, Donald Rothberg,
Susie Harrington —*registration opens 4/19/18*

SEPTEMBER

- Aug 29 **Labor Day Insight Meditation Retreat**
-Sep 3 James Baraz, Sharda Rogell, Howard Cohn,
Terry Vandiver (yoga) —*registration opens 4/25/18*
- Aug 31 **Abhayagiri Teen Meditation Retreat**
-Sept 2 Ajahn Pasanno and Abhayagiri Monastics
registration opens 6/6/18
- Sep **Meditation and the Spirit of Creativity**
10-16 Anna Douglas, Barbara Kaufman, Nina Wise
registration opens 5/9/18
- Sep **Finding Freedom in the Body (Parallel)**
17-23 Mary Grace Orr, Bob Stahl, Christiane Wolf,
Marcy Reynolds (qigong) —*registration opens 5/16/18*
- Sep **Transforming the Judgemental Mind (Parallel) *UWH**
17-23 Donald Rothberg —*registration opens 5/16/18*
- Sep **Wisdom Rising: A Women's Meditation Retreat**
24-30 Spring Washam, Anna Douglas, JoAnna Harper,
Erin Selover —*registration opens 5/23/18*

OCTOBER

- Oct **Evolving Together: Mindfulness Meditation**
1-7 **and Modern Science**
Wes Nisker, Rick Hanson, Nikki Mirghafori,
Terry Vandiver (yoga) —*registration opens 6/5/18*
- Oct **Mindfulness and Heartfulness for Insight**
9-14 **and Liberation**
Anushka Fernandopulle, Chas DiCapua
registration opens 6/6/18
- Oct **Insight Meditation: the Convergence of**
20-24 **Wisdom and Love**
Dana DePalma, Matthew Brensilver, Diana Winston
registration opens 6/20/18
- Oct **Loving Awareness:**
25-29 **A Retreat for Experienced Meditators (Lottery)**
Jack Kornfield, Trudy Goodman, Teja Bell (qigong)
lottery opens 5/23/18

NOVEMBER

- Oct 31 **Reclamation of the Sacred: A Journey of Healing and**
-Nov 7 **Reconnection Through Insight Meditation**
Thanissara, Kittisaro, Erin Treat —*registration opens 6/27/18*
- Nov **Dedicated Practitioners Programs Retreat 4**
8-15 Sally Armstrong, Ruth King, Bonnie Duran, Tempel Smith
program participants only
- Nov **Thanksgiving Insight Meditation Retreat**
16-25 Wes Nisker, Jaya Rudgard, Erin Treat, Matthew Brensilver,
Terry Vandiver (yoga)
registration opens 7/17/18
- Nov 26 **Seven Factors of Awakening (Parallel) *UWH**
-Dec 2 Eugene Cash, Gina Sharpe, Pamela Weiss
registration opens 7/25/18
- Nov 26 **Mindfulness as a Path of Awakening (Parallel) *UWH**
-Dec 2 Mark Coleman —*registration opens 7/25/18*

DECEMBER

- Dec **Awakening in the Body: Yoga and Meditation**
3-9 Anne Cushman, Kate Johnson, Brent Morton,
Rolf Gates (yoga) —*registration opens 8/1/18*
- Dec **In the Presence of Love: A Metta and Qigong Retreat**
10-16 Spring Washam, Vinny Ferraro, Erin Selover,
Teja Bell (qigong) —*registration opens 8/8/18*
- Dec **Solstice Insight Meditation Retreat**
17-23 Donald Rothberg, Heather Sundberg, John Travis
registration opens 8/15/18
- Dec 27 **New Year's Insight Meditation Retreat (Lottery)**
-Jan 6 Eugene Cash, Spring Washam, Pamela Weiss,
DaRa Williams, Alexis Santos, Janice Clarfield (yoga)
lottery opens 7/25/18
- Dec 27 **Teen New Year's Retreat (Walden West)**
- Jan 1 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.