## 2020 Residential Retreats

### JANUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7–12</td>
<td>Winter Insight Meditation Retreat</td>
<td>Spirit Rock</td>
<td>Howard Cohn, Erin Treat, Ashley Sharp (yoga)</td>
</tr>
<tr>
<td>Jan 13–20</td>
<td>January Metta Retreat (Parallel)</td>
<td>Spirit Rock</td>
<td>Donald Rothberg, Beth Sternlieb, Melvin Escobar (yoga)</td>
</tr>
<tr>
<td>Jan 21–25</td>
<td>Dharma and Yoga: Opening Space</td>
<td>Spirit Rock</td>
<td>Anne Cushman, Dawn Mauricio, Rolf Gates (yoga)</td>
</tr>
<tr>
<td>Jan 26–31</td>
<td>Insight Meditation Retreat: Awakening the Heart of Joy (Parallel) *UWH</td>
<td>Spirit Rock</td>
<td>Sharda Rogell, Howard Cohn</td>
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### FEBRUARY

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<th>Date</th>
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<tbody>
<tr>
<td>Feb 1–29</td>
<td>Insight Meditation Two-Month Retreat (Lottery)</td>
<td>Spirit Rock</td>
<td>(see One-Month listing for teachers)</td>
</tr>
<tr>
<td>Feb 29</td>
<td>March Insight Meditation One-Month Retreat (Lottery)</td>
<td>Spirit Rock</td>
<td>Andrea Fella, Phillip Moffitt, Eugene Cash, Winnie Nazarko, Bhante Buddhakshita, Dafa Williams, Lissa Edmonds (yoga)</td>
</tr>
<tr>
<td>Mar 1–29</td>
<td>Foundations of Mindfulness Meditation Retreat</td>
<td>Spirit Rock</td>
<td>Mark Coleman, Diana Winston, TBD (yoga)</td>
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### MARCH

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<tbody>
<tr>
<td>Mar 29–Apr 1</td>
<td>Advanced Practitioners Program (APP2) Retreat 3</td>
<td>Spirit Rock</td>
<td>Susie Harrington, Brian Lesage, Ven. Analayo, Guy Armstrong — program participants only</td>
</tr>
<tr>
<td>Apr 2–10</td>
<td>Living Awareness Through Insight Meditation</td>
<td>Spirit Rock</td>
<td>Mary Grace Ott, Gil Fransdal, John Travis, Heather Sundberg, Rebecca Kronlage (yoga)</td>
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### APRIL

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<tr>
<td>Apr 19–26</td>
<td>Community Dharma Leaders Retreat (CDL6) Retreat 2</td>
<td>Spirit Rock</td>
<td>Eugene Cash, Pamela Weiss, DaRa Williams, Erin Treat</td>
</tr>
<tr>
<td>Apr 19–May 3</td>
<td>Reclamation of the Sacred (Lottery)</td>
<td>Spirit Rock</td>
<td>Thaisara, Kittisaro, TBD — lottery opens 1/19/19</td>
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### MAY

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<tr>
<td>May 4–10</td>
<td>Equanimity Retreat (Parallel)</td>
<td>Spirit Rock</td>
<td>Tempel Smith, Bonnie Duran, Anthony “T” Maes (qigong)</td>
</tr>
<tr>
<td>May 8–14</td>
<td>Natural Awareness (Parallel) *UWH</td>
<td>Spirit Rock</td>
<td>Vinny Farraro, Wes Nisker — lottery opens 1/7/20</td>
</tr>
<tr>
<td>May 20–27</td>
<td>The Magic of Awareness</td>
<td>Spirit Rock</td>
<td>James Baraz, Anam Thubten, Trudy Goodman Kornfield, Jill White Lindsay (yoga)</td>
</tr>
<tr>
<td>May 28–Jun 4</td>
<td>The Nine Bodies of Consciousness: A Practical Map for Insight Practitioners (Parallel)</td>
<td>Spirit Rock</td>
<td>Phillip Moffitt, Dana DePalma, TBD (yoga)</td>
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### JUNE

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<tr>
<td>Jun 11–21</td>
<td>Sayadaw U Tejaniya Style Retreat (Lottery)</td>
<td>Spirit Rock</td>
<td>Alexis Santos, Andrea Fella, Carol Wilson, Susa Talan, Mark Nunberg, Franz Moeckl (movement)</td>
</tr>
<tr>
<td>Jun 11–22</td>
<td>Mindfulness for Everyone: The Basics and Beyond</td>
<td>Spirit Rock</td>
<td>Diana Winston, Alex Haley, Jill Satterfield (movement)</td>
</tr>
<tr>
<td>Jun 22–28</td>
<td>Mindfulness for Everyone: The Basics and Beyond</td>
<td>Spirit Rock</td>
<td>Diana Winston, Alex Haley, Jill Satterfield (movement) — lottery opens 2/18/20</td>
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*UWH = Upper Walking Hall
Retreats in dark red = offsite

For updates and information about retreats or retreats with CE credits, please visit www.spiritrock.org.
### JULY
- **Jul 7-17**
  - July Metta Retreat
  - Tempel Smith, John Martin, Bonnie Duran, Devin Berry, Marcy Reynolds (qigong)—registration opens 2/4/20
  - 15 CE Credits Available
- **Jul 17-26**
  - July Insight Meditation Retreat (Lottery)
  - Kamala Masters, Joseph Goldstein, TBD
  - lottery opens 2/4/20

### AUGUST
- **Jul 29 – Aug 2**
  - Family Retreat (Lottery)
  - Kate Munding, Ofosu Jones-Quarantey, TBD
  - Abhayagiri Monastics — lottery opens 2/25/20
- **Aug 3 – 9**
  - Insight Meditation Retreat for Young Adults (ages 18–32)
  - Vinny Ferraro, Pam Dunn, La Sarmiento, TBD
  - registration opens 3/31/20
- **Aug 10 – 19**
  - Concentration Retreat
  - Phillip Moffitt, Tempel Smith, Marcy Reynolds (qigong)
  - registration opens 4/7/20
- **Aug 19 – 28**
  - Exploring the Essential Factors of Awakening
  - Mark Coleman, Howard Cohn, Bonnie Duran
  - registration opens 4/14/20
- **Aug 28 – 30**
  - Abhayagiri Teen Meditation Retreat
  - Ajahn Karunadhammo, Ajahn Nyaniko, Forest Fein
  - registration opens 5/26/20

### SEPTEMBER
- **Aug 29 – Sep 3**
  - September Insight Meditation Retreat
  - James Baraz, Sharda Rogell, Howard Cohn, Terry Vandiver (yoga)—registration opens 4/28/20
- **Sep 4 – 7**
  - An Invitation to Mindfulness
  - JoAnna Hardy, Erin Treat, Anthony “T” Maes
  - registration opens 5/5/20
- **Sep 14 – 20**
  - Finding Freedom in the Body (Parallel)
  - Mary Grace Orr, Bob Stahl, Christiane Wolf, Marcy Reynolds (qigong)
  - registration opens 5/12/20
  - 15 CE Credits Available
- **Sep 14 – 20**
  - Relational Dharma: Waking Up Together (Parallel) *UWH
  - Oren Jay Sofer, Bart van Melik
  - registration opens 5/12/20
  - 15 CE Credits Available
- **Sep 21 – 27**
  - Women’s Meditation Retreat
  - Pamela Weiss and others—registration opens 5/21/20

### OCTOBER
- **Oct 2 – 11**
  - Fall Insight Meditation Retreat (Lottery)
  - Phillip Moffitt, Matthew Brensilver, TBD
  - lottery opens 5/6/20
  - 9 CE Credits Available
- **Oct 12 – 19**
  - Community Dharma Leader (CDL6) Retreat 3
  - Eugene Cash, Pamela Weiss, DaRa Williams, Erin Treat
  - program participants only

### NOVEMBER
- **Nov 2 – 8**
  - Deepening into the Heart of Love and Freedom
  - Arinna Weisnam, Lama Rod Owens, TBD
  - Open to Self-Identified LGBTQ+*UWH registration opens 6/30/20
- **Nov 9 – 15**
  - Finding True Refuge During Uncertain Times
  - Anushka Fernandoole, Kate Munding, TBD
  - registration opens 7/8/20
- **Nov 16 – 19**
  - Heart of Awareness (Parallel)
  - John Martin, Dawn Scott, Jaya Rudgard
  - Jashoda Edmondos (yoga)—registration opens 7/14/20
- **Nov 20 – 29**
  - November Insight Meditation Retreat
  - Matthew Brensilver, Wes Nisker, TBD
  - registration opens 7/21/20

### DECEMBER
- **Dec 6**
  - Metta and Qigong Retreat
  - Dana DePalma, Vinny Ferraro, TBD, Teja Bell (qigong)
  - registration opens 8/4/20
- **Dec 14 – 17**
  - Mindfulness for Beginners
  - Diana Winston, TBD
  - 6 CE Credits Available
  - registration opens 8/11/20
- **Dec 18 – 23**
  - Winter Solstice Insight Meditation Retreat:
    - Embracing the Dark, Inviting the Light
  - Donald Rothberg, Dawn Scott
  - registration opens 8/18/20
  - 10 CE Credits Available
- **Jan 3**
  - New Year’s Insight Meditation Retreat (Lottery)
  - Eugene Cash, Pamela Weiss, DaRa Williams, Tuere Sala
  - Devon Hase (movement)—lottery opens 7/21/20
- **Jan 1**
  - Teen New Year’s Retreat (St. Columba, Inverness, CA) (Lottery)
  - Matthew Brensilver, TBD
  - —registration opens 8/25/20

**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 and 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.