



**Guy & Sally Armstrong
Teaching Schedule for
Experienced Practitioners
2022 - 2024**

2022

Sally & Guy	Exploring Awareness, Spirit Rock	April 21 – 29, 2022
Guy & Sally	The Still Heart of Awareness, IMS Forest Refuge Concentration, loving-kindness, and awareness.	June 1 – 30, 2022
Sally	Metta Retreat, Spirit Rock Concentration Retreat, Spirit Rock	July 5 – 15, 2022 August 15 – 26, 2022
Guy & Sally	Part 1 of the Three-Month Course, IMS	Sep 13 – Oct 25, 2022

2023

Sally	February Monthlong, Spirit Rock	Jan 28 – Feb 25, 2023
Sally & Guy	Liberation through Emptiness and Awareness Practices, Spirit Rock One-year program of practice and study for experienced meditators. Applications will be due in Fall 2022	Begins May 2023
Guy & Sally	Awareness retreat with Adrienne Ross Nanaimo, British Columbia	June 16 – 25, 2023
Sally & Guy	Concentration and Awareness, Spirit Rock	July 5 – 19, 2023
Guy & Sally	The Still Heart of Awareness, IMS Forest Refuge	Sep 1 – 30, 2023

2024

Guy & Sally	The Still Heart of Awareness, Spirit Rock	March 2 – 30, 2024
Sally & Guy	Exploring Awareness, IMS Retreat Center	July 17 – 26, 2024
Guy & Sally	The Still Heart of Awareness, IMS Forest Refuge	Sep 1 – 30, 2024