

# **J3gd&6Rest & Reflect**

**A Meditation and Movement Retreat**  
**On the Beautiful Land of Redwood Trees**  
with

**Arinna Weisman and Amana Brembry Johnson**



**For Lesbian, Bi and Trans Gender Queer Women & Gender Non-Conforming People**

**September 1 - 4<sup>th</sup> 2017, Labor Day Weekend**  
**at Camp Double Bear in the SC Mountains**

These are tumultuous times that reflect deep suffering in the world and as active members in our LGBTQ community it can be 'especially' difficult to find time to rest. This retreat offers us a safe and contained place to be led through practices that can help us reflect, refresh and rest; rest that is so needed now so that we may continue to 'be present and active' in creating a better world for all.

There will be guided meditations in mindfulness and loving kindness through sitting and movement, dharma talks and small and large group inquiry

**When: Friday, Sept 1st, dinner (registration 4 – 5 pm) thru 2:30 pm Monday Sept 4th**  
**Where: Camp Double Bear in the SC Mountains between Santa Cruz & Los Gatos**  
**Dormitory Sleeping in Yurts OR Camping Vegetarian Meals Fragrance Free**  
**Cost: \$200 - \$270 sliding scale before August 15<sup>th</sup> Additional \$20 after August 15<sup>th</sup>**  
**Scholarships available**

Your registration cost covers food and lodging only. According to the ancient tradition of dana, those who carry on the teachings of the Buddha are supported through the generosity of the community; thus dana to support the teachers, cook and manager may be offered at the end of the retreat.

Vipassana meditation (aka: Insight Meditation) is a simple technique that has been practiced in Asia for over 2500 years. Retreatants commit to spending the retreat in silent mindfulness practice with alternating periods of sitting, walking, movement and eating meditations along with Dharma talks, group sharing and group interviews. This retreat is open to beginners and experienced students.

**Online Registration is open at: [arinnaweisman.org/retreats](http://arinnaweisman.org/retreats)**  
**For more information contact: [arinnaretreats@gmail.com](mailto:arinnaretreats@gmail.com)**

***Arinna Weisman** has studied Insight Meditation for over 30 years. She teaches in the lineage of the Great Burmese master U Bha Khin and was empowered to teach by Ruth Denison. Arinna is the founding teacher of Insight Meditation Center of Pioneer Valley in Easthampton, MA and co-author of *A Beginner's Guide to Insight Meditation*. She has been teaching since 1989. Her passion is building multicultural sanghas.*

***Amana Brembry Johnson** has been a student and practitioner of many spiritual traditions throughout her life. The journey of Vipassana practice began 10 years ago with the early People of Color Retreats at Spirit Rock Meditation Center. She completed the Community Dharma Leaders Program in 2017, and is a participant in the 2020 Spirit Rock Teacher Training. Amana leads meditation and contemplative yoga that interweaves Dharma with movement. She mentors practitioners who wish to deepen their practice and understanding of the teachings. An accomplished visual artist, Amana creates imagery that exposes emotional and spiritual barriers of the heart.*