

SPIRIT ROCK RESIDENTIAL RETREAT 2018

AUG 13 - 18
MON SUN

A Path of Happiness: A Retreat for the LGBTQI Gender-Fluid Community

with ARINNA WEISMAN, LAMA ROD OWENS, NOLIWE ALEXANDER, KATY WISS (TRAINEE)

5 nights: Monday, August 13 - Saturday August 18; Upper Retreat Hall



How do we open to the challenges and uncertainties of our lives and the worlds we live in without being imprisoned in hatred, passivity or grief? The Buddha's teaching of liberation offers us a practice to build the capacities of faith, kindness and wisdom and to orient towards building peace.

In the blessings of our queer community, we will explore ourselves through guided meditations, dharma talks, and group and individual inquiry.

Spirit Rock extends a special invitation to young adults (age 18-26) who wish to attend this retreat at a rate of \$35 per night, on a first come, first serve basis. A limited number of special rates are available, please apply early.

\$1255 - \$570 sliding scale, plus a donation to the teachers and retreat staff. Code 382R18. Retreat is priced on a sliding scale. Please pay at the highest level you can afford. This allows others who need to pay less the opportunity to attend. Fee is for room and board. Teaching and staffing of the retreats is by donation at the end of the retreat.



ARINNA WEISMAN has studied Vipassana Meditation since 1979 and has been teaching since 1988. She is the founding teacher of Insight Meditation Center of the Pioneer Valley in Easthampton, MA.



LAMA ROD OWENS is a formally authorized teacher in the Tibetan Buddhist tradition. He is a teacher at Inward Bound Mindfulness Education (iBME), a visiting teacher with Natural Dharma Fellowship and the Brooklyn Zen Center. He completed his graduate studies at Harvard Divinity School and is the co-author of Radical Dharma.



NOLIWE ALEXANDER is a teacher of sitting groups and facilitator of community workshops and Buddhist meditation day longs and class series. She is a Life & Business Coach dedicating both her coaching and Dharma practice to the POC, LGBTQI, At-Risk and Elder communities. She is a graduate of Spirit Rock's CDL4 program and EBMC's Commit 2 Dharma program.



KATY WISS began meditating in 1976, took intensive training in Mindfulness-Based Stress Reduction (MBSR) in 2008, and graduated in 2012 from Spirit Rock's Community Dharma Leaders Program. She has completed advanced study and practice classes in Buddhism at Spirit Rock, New York Insight Meditation Center, and Chuang Yen Monastery.

Register at spiritrock.org