

# Lake Chabot Camping and Meditation Retreat with Arinna Weisman

*For Trans, Queer, Lesbian and Bi Women and the Gender Non-Conforming Community*



Thursday July 12<sup>th</sup>, 4:00pm thru Sunday July 15<sup>th</sup>, noon

*Anthony Chabot Campground, Castro Valley, CA*

*As we cultivate awareness and kindness we come closer to both our hearts of generosity and the coverings of defense and dis-ease. In the environment of dharma, nature and community there is the beautiful support to open, relax and let go into wisdom and friendship. There will be guided meditations, dharma talks, group sharing and time for exploring and walking.*

## About this Retreat:

- *Tent camping at a drive up group site on Lake Chabot*
- *Vegetarian meals and snacks are provided from Friday breakfast through Sunday lunch. Thursday supper will be a simple vegetarian potluck – please bring something to share.*
- *The site has 2 toilets and drinking water. Bring your own snacks, tent, sleeping bag and meditation pillows.*
- *This is a **smoking-free, scent-free, pet-free** retreat. **Silence is practiced.***

**Dana Practice:** *According to the ancient tradition of dana, those who carry on the teachings of the Buddha are supported through the generosity of the community. Hence, at the end of the retreat, there will be the opportunity to offer dana to our teacher.*

**Early Registration:** \$100 (Fees paid by 6/1/17)

**Late Registration:** \$125 (Fees paid by 7/1/17)

**Scholarships are available, prioritizing POC**

**For more information email Becca:** [Arinnaretreats@gmail.com](mailto:Arinnaretreats@gmail.com)

**Register online:** [www.arinnaweisman.org/retreats](http://www.arinnaweisman.org/retreats)