

RESIDENTIAL RETREAT



Spirit Rock

An Insight Meditation Center

The Joy of Letting Go - Restoration, Forgiveness, Renewal

Larry Yang, Gina Sharpe, Dana DePalma, Madeline Klyne,
Konda Mason (Yoga)



Larry Yang teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in

Burma and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong.



Gina Sharpe is a co-founder of New York Insight Meditation Center. She discovered the dharma over 35 years ago and has studied and practiced with teachers in

the Zen, Tibetan and Theravada traditions. She has taught at Spirit Rock, IMS and other venues around the country and is a guiding teacher for the current Community Dharma Leader Program.



Dana DePalma has practiced Insight Meditation since 1993 and is a member of the Spirit Rock Teachers Council. She leads retreats and classes including co-teaching Spirit

Rock's Friday morning meditation and yoga class. She holds a Masters Degree in Counseling Psychology and is a licensed Marriage and Family Therapist.



Madeline Klyne is a co-founder and teacher of South Shore Insight Meditation Center, a teacher at Cambridge Insight Meditation Center,

and a visiting teacher at Insight Meditation Society. Madeline teaches retreats for LGBTIQ communities at Spirit Rock Meditation Center and Garrison Institute. She has also taught Mindfulness-Based Stress Reduction in MA prisons.

6 nights

Monday, December 1 - Sunday, December 7

upper Retreat Hall

Life is complex and many times not very clear in its path towards Freedom. How can we work into and through obstacles, difficulties, and even injuries so that we can experience our lives with the joy of a clear mind and open heart? We will explore the practices of Forgiveness and Letting Go, with the primary supports of Mindfulness, Kindness, Compassion, and Equanimity to provide the most expansive landscape in restoring and renewing our beautifully awakening lives.



\$1200 - \$600 sliding scale, plus a donation to the teachers and retreat staff. Code 218R14. To register for this retreat, visit www.spiritrock.org and select the **Calendar** page. Registration opens August 26, 2014.

As part of your registration process, please read the following: **About the Retreat**, **Financial Aid** and **Travel Information** on our website. Also remember that the cost above is priced as a sliding scale. Please pay at the highest level of the sliding scale that 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. For more information, see **Retreat FAQ** on our website.

Spirit Rock is dedicated to the teachings of the Buddha as presented in the Theravada vipassana tradition. The practice of mindful awareness, called Insight (vipassana) Meditation, is at the heart of all the activities at Spirit Rock. We host a full program of ongoing classes, daylong, and residential retreats.