

Basic Mindfulness ~ A Path to Joy & Wisdom

A spring meditation retreat
for new and experienced meditators with

Shinzen Young

March 25 – April 4, 2012

10 days or a 7 day option (3/25 – 4/1)

Allenspark, Colorado
Highlands Presbyterian Camp
and Retreat Center

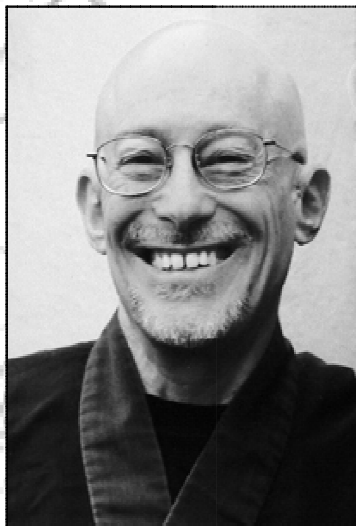
Sierra Retreats strives to keep
retreat costs low and provides
scholarships for those who
need additional assistance to
attend our retreats.

Early registration rates:

- \$750 for the 10 day option
- \$595 for the 7 day option

* Rates increase on March 1st *

Registration costs *do not*
include dana (donations) for
Shinzen.



For more about Shinzen, visit: www.Shinzen.org

For more information or to receive email updates on
this retreat, visit our website & join our email list:

www.SierraRetreats.org

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