

# ***MEDITATION RETREAT***

***With Shinzen Young***



***Allenspark, Colorado***

**A 10 or 7 Day Retreat**  
**March 25<sup>th</sup> thru April 4<sup>th</sup>, 2012**  
**7 day option March 25<sup>th</sup> – April 1<sup>st</sup>**  
[www.SierraRetreats.org](http://www.SierraRetreats.org)

## **Retreat Overview**

This retreat is for people of all levels of meditation experience who want to deepen their meditation practice. The daily schedule includes several periods of sitting meditation as well as group process sessions, mindful movement and opportunities for individual support. There will be an orientation at the beginning of the retreat to ensure that all retreatants, especially those with less experience, have information needed to support a beneficial experience. Retreatants are encouraged to adjust their level of involvement with the daily schedule as needed or desired.

The retreat will be held in Noble Silence. Maintaining silence helps develop an inner calm which in turn aids in our meditation practice. Please contact the registrar if you have any questions about noble silence.

**Highlands Presbyterian Retreat Center** is located outside of Allenspark, Colorado at the southeast corner of Rocky Mountain National Park. Opened in 1945, it now encompasses 285 acres with access to the wilderness areas of Rocky Mountain National Park and Roosevelt National Forest. The Retreat Center, built in 2002, provides comfortable, up-to-date accommodations and retreat facilities. Directions to Highlands - [www.highlandscamp.org/directions.html](http://www.highlandscamp.org/directions.html).



## **About the Teacher**



**Shinzen Young** is an American who began his meditation career in 1970 when he ordained as a Shingon monk in Japan. For the last 30 years, he has served as a translator for Joshu Sasaki Roshi, a revered senior Zen teacher. Shinzen has over three decades of experience teaching meditation. He brilliantly incorporates findings from math and science with spiritual approaches of Native Americans, Christian mysticism and three traditional Buddhist vehicles: Theravadan Mindfulness, Mahayana Zen, and Vajrayana Shingon practice.

For more information about Shinzen go to:

[Shinzen.org](http://Shinzen.org) and [BasicMindfulness.org](http://BasicMindfulness.org)

## What is Basic Mindfulness?

Basic Mindfulness is a unique and contemporary reformulation of meditation techniques drawn from many contemplative traditions. It is taught using a secular and “user-friendly” vocabulary making it accessible to a broad range of people – regardless of their prior experience with meditation.

Basic Mindfulness Training encompasses five core practices which, at a fundamental level, develop and strengthen:

- **concentration** – the ability to attend to what is deemed relevant and let go of what is deemed irrelevant
- **clarity** – the ability to keep track of the sensory components of experience as they arise moment-by-moment
- **equanimity** – an attitude of gentle matter-of-factness or non-interference with regard to sensory experience

This practice offers a practical, effective and efficient window of opportunity to:

- elevate physical and emotional fulfillment
- reduce physical and emotional suffering
- facilitate positive changes in objective behavior
- deepen knowledge of who we are as spiritual beings

### To Register...

Go to: [www.SierraRetreats.org](http://www.SierraRetreats.org)

- Click on the Shinzen Retreat link.
- Print out the registration form or call the registrar for a hard copy.
- Fill it out and mail it to the address listed on the form.
- Payment:
  - You may pay by credit card or Paypal through our website Click on the “Donate” button or
  - Include a check with your registration form.

### Costs

**Sierra Retreats** strives to keep our retreats available to as many people as possible. In today’s world, that often comes down to cost. The costs for this retreat are:

- \$750 for the 10 day option
- \$595 for the 7 day option
- **\$75 late registration fee is added March 1st**

**Scholarships** ~ There are a limited number of scholarships available for those who still find this to be too much money. Contact the Registrar for more information.

**Dana** ~ Please note that the registration fee does not include any teacher fee. Shinzen offers his teachings at no cost. Traditionally, students give dana or donations at the end of the retreat as a generosity practice and to show gratitude to the teacher.

**Sierra Retreats** is a non-profit organization that has been hosting meditation retreats with Shinzen, John Travis, and other teachers since 1992. Our mission is to provide accessible and affordable retreats along the Colorado Front Range.

### QUESTIONS?

Contact the Registrar, Jodie Simon, at:

303-443-2629 or at [registrar@sierraretreats.org](mailto:registrar@sierraretreats.org)