



Spirit Rock
An Insight Meditation Center

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.

Tara Brach, PhD, is a clinical psychologist, lecturer, and popular teacher of Buddhist mindfulness (vipassana) meditation. She is founder and senior teacher of the Insight Meditation Community of Washington, and teaches meditation at centers throughout the United States.

Gina Sharpe is a co-founder of New York Insight Meditation Center. She has studied and practiced with teachers in the Zen, Tibetan and Theravada traditions. She trained at the Mindfulness-Based Stress Reduction Clinic, is a graduate of the first Spirit Rock Community Dharma Leaders Program and the Spirit Rock Teacher Training Program.

Thanissara started Buddhist practice in the Burmese school in 1975. She was a founding member of Chithurst and Amaravati Buddhist Monasteries. Thanissara has facilitated meditation retreats internationally the last 25 years and has an MA in Mindfulness-Based Psychotherapy Practice from Middlesex University & the Karuna Institute in the UK.

Kittisaro graduated from Princeton as a Rhodes Scholar and went on to Oxford before going to Thailand to ordain with Ajahn Chah in 1976. He was a monk for 15 years and during that time helped found Chithurst Monastery and Devon Vihara in the UK. He has taught internationally in the States, Europe, South Africa, and Israel.

Ruth King has practiced Vipassana since 1992. Mentored by Jack Kornfield and influenced by the non-dual teachings of Dzogchen and the Tibetan tradition of Buddhism, Ruth teaches nationwide. She has a Master's degree in Clinical Psychology and is a graduate of the Dedicated Practitioner Program of Spirit Rock Meditation Center.

Konda Mason is a certified Kripalu Yoga teacher and one of the co-founders of the International Association of Black Yoga Teachers. Konda has been a regular teacher at Spirit Rock retreats and her own retreats. She is on the Board of the East Bay Meditation Center in Oakland and a member of the Creating Conscious Community sangha.

Sacred Tenderness: Exploring the Energies of Our Hearts

Larry Yang, Tara Brach, Gina Sharpe, Thanissara, Kittisaro, Ruth King, Konda Mason (yoga)

7 nights

Friday May 1 - Friday, May 8

Joshua Tree Spiritual Center, Yucca Valley

This silent meditation retreat seeks to deepen our connection to the beauty of our lives and our world through the wisdom and gentleness of our hearts. The practices of Awareness and Lovingkindness from the Buddhist tradition deepen our insight into truth about our lives and the conditions in which we live, while cultivating a compassionate heart and a clear mind. Through the silent sitting, walking, movement, and eating meditations with support from teachers, we are invited into the wholeness and brilliance that shines through the full range of our unique and diverse lives.

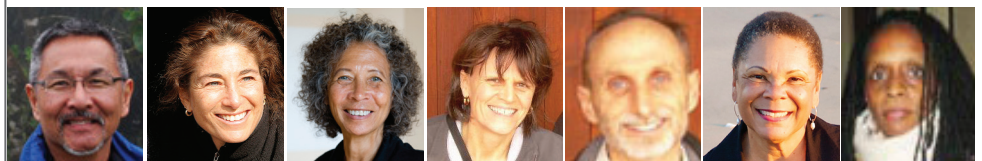
Held at the Joshua Tree Spiritual Retreat Center in the high desert near Joshua Tree National Park, about an hour from Palm Springs. See website for transportation options.



\$1780 - \$890 sliding scale, plus a donation to the teachers and retreat staff. Code 254R15. To register, visit www.spiritrock.org and select the **Calendar** page. Registration opens December 2, 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.



Left to right: Larry Yang, Tara Brach, Gina Sharpe, Thanissara, Kittisaro, Ruth King, Konda Mason

SPIRIT ROCK - AN INSIGHT MEDITATION CENTER

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In consideration of others, please do not wear any scented products, including natural or essential oils.