

## 2010 Table of Retreats

Dates	Teacher	Title	# Nights	Tradition
March 5-7	-----	Early Spring Work Weekend	2	-----
March 11-14	Nancy Spence	Unleashing Dakini Wisdom	3	Soto Zen
March 25-28	Brad Warner	The Art of Sitting Down and Shutting Up: A Zazen Retreat	3	Zen
April 1-4	John Orr	Heart of Jesus—Mind of Buddha	3	Vipassana
April 8-11	Hugh Byrne	Introduction to Vipassana Meditation	3	Vipassana
April 15-18	Cindy Dollar & Susan Grant	Just Show Up: Yoga, Meditation, and Mindfulness	3	Soto Zen
April 28-May 2	WonGong So	In Nature, Our True Nature	4	<i>Won</i> -Buddhism
May 12-16	Therese Fitzgerald	Wisdom: Let's Go for It!	4	Thich Nhat Hanh
May 20-23	David Chernikoff	Death as a Spiritual Teacher	3	Vipassana
May 28-31	Teijo Munnich & Meredith McIntosh	Beginner's Mind for Everyone: The Undoing of Doing	3	Zen
June 5-12	Fred Eppsteiner	Awakening as a Householder: The Dharma Path of Vimilakirti II	7	Zen, Thich Nhat Hanh
June 17-20	Kevin Griffin	A Burning Desire: Dharma God and the Path of Recovery	3	Theravadan
June 25-27	Akal Dev Sharonne & Mark Smith	Dances of Universal Peace	2	Sufi
July 9-14	Phyllis Hicks & Sharon Beckman- Brindley	Insight Dialogue and Metta: Opening to Life As It Is	5	Vipassana
July 22-25	Wayne Coger	Open Awareness	3	All
August 3-8	Jeff Collins & Gisela Konrad	A Marriage of Yoga and Meditation	5	Vipassana
August 13-20	Rodney Smith	Accessing the Heart: Insight Meditation for the Experienced Meditators	7	Vipassana
Sept 3-6	Jon Seskevich & Mark Smith	Universal Chanting	3	All
Sept 16-19	Gen Kelsang Tilopa	The Path to Enlightenment: Lamrim	3	New Kadampa
Sept 24-26	Philip & Judith Toy	The Realm of Great Joy: Mindfulness Opportunities to Take You There	2	Thich Nhat Hanh
Oct 1-6	DaeJa Napier	The Natural Wisdom of the Heart: A Women's Retreat	5	Vipassana
Oct 11-17	Phillip Moffitt & Pat Coffey	Understanding the Paramis—The Qualities of Mind that Bring Freedom to Your Life	6	Vipassana
Oct 22-26	Chris Larson & Dave McKay	Spiritual Practice from the Outside In	4	American Zen
Nov 2-7	Ayya Sobhana	Guided Metta Meditation	5	Vipassana
Nov 11-14	Lila Kate Wheeler	Buddhist Healing Meditation	3	All
Nov 19-21	Leslie Rawls	Enough! The Happiness of Now	2	Thich Nhat Hanh
Dec 10-12	-----	Late Fall Work Weekend	2	-----
Dec 27-Jan 2	John Orr	New Year's Retreat	6	Vipassana