

Celebrating Ourselves

A 2-Night Meditation Retreat for LGBTQI Women

Friday, October 8th - Sunday, October 10th, 2010

About the Retreat:

This is a special opportunity to come together as LGBTQI women to celebrate ourselves by cultivating awareness and lovingkindness in community. We will explore together the obstacles to liberation and the Buddhist path to liberation. We will practice through sitting silently, walking, movement, eating meditations, and dialogue and group interviews.

This retreat is a unique opportunity for LGBTQI women to be together in spiritual community. This retreat is open to all levels of meditation—new, beginner, or experienced.

Saratoga Springs Retreat Center is nestled in a private 260-acre scenic valley, with a swimming pool, hiking trails, and a hot pool. Located high in the beautiful hills of Northern California, it's just 2 ½ hours from the San Francisco Bay Area.



Registration Fee is \$225.00 per person.

To Register or read more details, visit www.saratogasprings.com/retreats/celebrating_ourselves.html

For Directions visit http://www.saratogasprings.com/retreat_location.html or call Saratoga Springs at (800) 655-7153.

Ridesharing and Scholarships If you need a ride or have room in your car, or to request scholarship assistance please email: lgbtqiretreats@gmail.com

What is Included: Shared lodging on Friday and Saturday nights. Vegetarian Meals starting with: Breakfast, Lunch, Dinner on Saturday, Breakfast and Lunch on Sunday. Check out is at 3 PM on Sunday. Please bring your own dinner on Friday or bring something to share for PotLuck.

What to Bring: Saratoga Springs Resort provides no bedding. **Please bring your own sheets, blankets or sleeping bag, towels,** comfortable clothing, hiking shoes, bathing suit, toiletries, medications, flashlight, sunscreen, insect repellent, rain gear or an umbrella, art supplies, and an object for the altar. There will be time during & after the retreat to enjoy the amenities of Saratoga Springs Retreat Center. No Alcohol, recreation drugs or pets allowed.

Teacher for the weekend:

Arinna Weisman has studied insight meditation since 1979 and has been teaching since 1989. Her root teacher is Ruth Denison who was empowered by the great teacher U Bha Khin. She has also studied with Thich Nhat Hanh in the Zen tradition, Punjabi in the Advaita tradition and Tsokney Rinpoche in the Dzogchen tradition. She is the founding teacher of Dhamma Dena Meditation Center (now Insight Meditation Center of the Pioneer Valley/Dhamma Dena). She is co-author of the book, "A Beginner's Guide to Insight Meditation." She teaches throughout the U.S. and Europe. For more information visit <http://www.arinnaweisman.org/>

