

Spring Meditation Retreat: The Connected Heart

Co-taught by Amita Schmidt and Kathy Schwerin
At Lake Tahoe, NV

Sunday, April 8, 2018, 3:00p.m. to
Wednesday, April 11, 1:00p.m. (3 nights)



Though our world is more connected than ever in some ways, we still experience a connection deficit with ourselves and others. We can retreat into a sense of helplessness, anger, or despair in the face of the suffering we witness, feeling overwhelmed. Yet a connected heart is not anxious in the face of suffering. A connected heart is wise and flexible, reverent and open. A connected heart is a relationship to life.

This retreat will offer you time, space, and practices to experience the journey of creating a more connected heart for yourself and for the world. Through sitting and walking, silence, movement, nature, and the practices of inquiry, lovingkindness, and awareness, we will be cultivating the connected heart together. Come join us in this healing journey!

Amita Schmidt (<http://www.amitaschmidt.com>) and **Kathy Schwerin** (amindfulbreath.com) first bonded when scrubbing breakfast pots on a silent retreat almost twenty years ago. They are both licensed psychotherapists and Vipassana Buddhist meditators who have been studying, working, and teaching in both these fields more than 30 years. Both are dedicated to connecting Buddhist insights into impermanence and not-self with the psychology of healing from small and large traumas. Through their longtime friendship and their lifetime work with the mind, body, and heart, they are excited to share this retreat with you. Amita is also author of the book **Dipa Ma: The Life and Teachings of a Buddhist Master**.

DANA (donation): Compensation for the teachers is not included in the registration fee. The teachers offer the teachings freely in the tradition of the Buddha. Dana for these priceless teachings will be gratefully accepted by the teachers, giving the participants the opportunity to engage in the practice of generosity, the first step toward freedom.

COST: \$260-\$395 sliding scale, plus a voluntary donation to the teachers at the end of the retreat. The estimated actual per-person cost for this retreat (if we used a fixed rate) is \$295. By selecting an amount above this level, your generosity supports those who need to select a lower rate to attend. The cost includes comfortable accommodation in a shared cabin, three delicious vegetarian meals each day, and staff services. Depending on attendance, single-occupancy rooms may be available upon request for \$150 extra.

TO REGISTER: Download the registration form, or register online, at: dharmazephyr.org/event/residential-retreat-amita-schmidt-kathy-schwerin-lake-tahoe/. Mail to the indicated address with a \$100 non-refundable deposit payable to Dharma Zephyr or pay online.

QUESTIONS? Contact Tom Gray at tom@dharmazephyr.org or (775) 846-4658.

