



The Dharma Zephyr Insight
Meditation Community presents



Spring 2019 Retreat with

Santikaro

There's More Than One Way To Skin An Ego: The Multiplicity of Meditations

As we encounter types of meditation beyond what we started with, a key question looms: What is the purpose of any practice or approach that we try or hear about? What needs do each practice or approach meet and how do they do so? In this 4-day retreat we can survey the main categories of meditation, as found in early Buddhist teachings, and practice an example of each.

Having an overview of the broad meditative terrain, with all its diversity and at times competitions, will be helpful in assessing one's true needs and choosing approaches that suit those needs.

Sunday, March 31, 3:00pm - Wednesday, April 3, 1:00pm
Join us on the shores of beautiful Lake Tahoe for a 4-Day, 3-Night
Residential Silent Meditation Retreat

The peaceful setting under great pines offers a unique opportunity for silent meditation in a setting of stunning natural beauty. Situated at an exquisite retreat center right on the shore of Lake Tahoe, participants may enjoy walking meditation on the beach, and if weather permits, mindful kayaking on the lake.

Both beginners and experienced practitioners are welcome at this retreat. In addition to guided meditations and instruction, there will be ample opportunities for personal exploration while sitting and walking.

COST: \$250 to \$410 sliding scale

The estimated actual per-person cost is \$310. By selecting an amount above this level, your generosity supports those who need to select a lower amount. Partial scholarships are available; see Karen below.

DANA (donation): Compensation for the teacher is not included in the registration fee. The teacher offers the teachings freely in the tradition of the Buddha, and his livelihood is completely sustained by the generosity of the communities he serves.

TO REGISTER: Fill out the registration form and liability waiver online at <http://www.dharmazephyr.org/events>, or download and mail to: Dharma Zephyr, 1835 Franklin Rd, Carson City, NV 89706. Enclose a \$100 non-refundable deposit payable to Dharma Zephyr or pay online.

CONTACT PERSON: Karen Kvasnicka karenkvasnicka@gmail.com • Phone #775 267-2424

Santikaro means "Peace Worker." While his life experiences — in the Peace Corps, 19 years of monkhood, and studying with Ajahn Buddhadasa in Thailand — may be different from ours, underneath that exoticia we find the sturdy no-nonsense of the Midwesterner he is. He's fun, insightful and a great friend. From his continuing studies he brings deep knowledge of the early suttas and the human condition to bear on Dharma study and practice in Nevada.