



The Dharma Zephyr Insight
Meditation Community presents

Mountain Meadow Meditation

Saturday, August 24, 2019

9:30am - 4:00pm
Blue Lakes/Hope Valley, CA

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Join us for a day in our own beautiful forests and mountains. We will gather at a meeting place then drive a short distance further to the retreat site – a meadow not far from the Blue Lakes Road - a short walk from the road on level terrain. Once we establish ourselves in the meadow, we will alternate between sitting and walking for the day, with a break for lunch and a dharma talk.

Meeting Place: Parking lot at junction of US. Highway 88 (Carson Pass Road) and Blue Lakes Road, Hope Valley, CA (about 45-minute drive from Carson City)

Time: Gather at parking lot/meeting place at 9 am, back to meeting place by 4:30pm

Experience: No previous meditation experience is necessary, but you must be fit and experienced enough to walk a total of about a mile (out and back) on and off a trail.

Bring: Water, lunch, something to sit on (lightweight camping chair or camping pad), sunscreen, hat, mosquito repellent, jacket (or shawl or sweater), raincoat if the weather looks stormy, and a daypack to put everything in.

Cost: There is no cost for the retreat, but there will be an opportunity to offer Dana to the teacher.

Leading the day: Having spent a lifetime in the mountains and forests, Dharma Zephyr lay leader Anne Macquarie's practice recently has become centered upon caring for the earth through organizing to alleviate climate change and other environmental challenges. Anne is part of a group currently establishing an interfaith "Mindful Activism" group in northern Nevada. (If you are interested, please talk to Anne).

PLEASE RSVP FOR THIS RETREAT THROUGH THE CONTACT FORM ON THE DHARMA ZEPHYR WEBSITE (dharmazephyr.org) with your name and contact information. We will give you further information about the logistics of the day and help you arrange car pooling.

Questions, contact Susan: susana@dharmazephyr.org or call 775-841-4846.

NOTE: This day is not appropriate for people who have a lot of trouble walking. Please contact Susan if you have questions about the walk and whether it matches your abilities.