



The Dharma Zephyr Insight
Meditation Community presents

The Two Wings of Practice: Mindful Awareness and Compassion

with
Dori Langevin



Saturday, Nov. 2 - Sunday, Nov. 3, 2019

Saturday: 11:00am - 6:00pm; Sunday: 9:00am - 3:00pm

NOTE: DAYLIGHT SAVINGS TIME BEGINS SUNDAY!

O2 Yoga • 1557 Zerolene Place, Minden, NV 89423

This two-day retreat will include guided and silent meditation in stillness and movement (walking and Qigong), dharmettes, and sharing in the temenos of affectionate silence and sincere goodwill.

We will dance between embodied mindfulness practice and touching into whatever difficulty in the landscapes of the body and the heart-mind arise during the day with wise compassion for ourselves and others. And we will be supported by the space of O2 and the surrounding land, by our wholesome intentions, and by each other.

You are welcome to attend either or both days. To support the container of our retreat please arrive for the opening of the day, and if you choose to leave before the closure of the day, please let Dori know.

COST: There is no charge for the retreat. The teachings of the Buddha are considered priceless and are offered freely. There will be an opportunity for the practice of generosity (Dana) by offering donations to support the teacher and to Dharma Zephyr for covering the costs of presenting the retreat.

This retreat is suitable for experienced meditators or beginners. Please bring a sack lunch. Chairs and yoga blankets will be available for use. If you wish to sit on the floor, please bring a cushion.

For more information,
contact Susan Antipa: susana@dharmazephyr.org, 775-841-4846

Dori Langevin began practicing Vipassana meditation in 1985 and began teaching with the Insight Meditation Community of Washington, D. C. at the invitation of Tara Brach in 2003. She graduated from the four-year Spirit Rock/Insight Meditation Society Teacher Training in 2010. Dori moved from the Washington DC area to Spokane WA in 2007 where she shares the Buddhadharm both challenged and inspired by how together we can live from our values by Reaching In through meditation and reflection and Reaching Out with wisdom and compassionate action; her website is www.mainstream-mindfulness.com.