

The Dharma Zephyr Insight Meditation Community presents

One-Day Retreat with

Angela Sullivan & Denise Barclay

Saturday, October 12, 2019

10:00am - 4:00pm

Silver City Community Center, 385 High Street,
Silver City, NV 89428



The Buddha said, “Within this fathom-long body and mind is found all of the teachings.” Through guided movement suitable for any body, and sitting and walking meditation, we will explore how we can relate to our bodily experience with kindness, curiosity, acceptance, and wisdom.

This retreat is suitable for beginners and advanced practitioners. Instruction will be provided and there will be opportunities to ask questions.

Please bring water and a sack lunch. Chairs will be provided; if you wish to sit on the floor bring your own cushions. Bring a yoga mat (we'll have extras).

There is no charge to attend the retreat. The generosity of your donation will go to Dharma Zephyr and the Silver City Community, and will help support the teachers.

Denise Barclay and **Angela Sullivan** are long-time yoga teachers and dharma practitioners. For more information, please see DeniseBarclayYoga.com and SunMountainYoga.com.



For further information, please contact Kathy Schwerin,
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