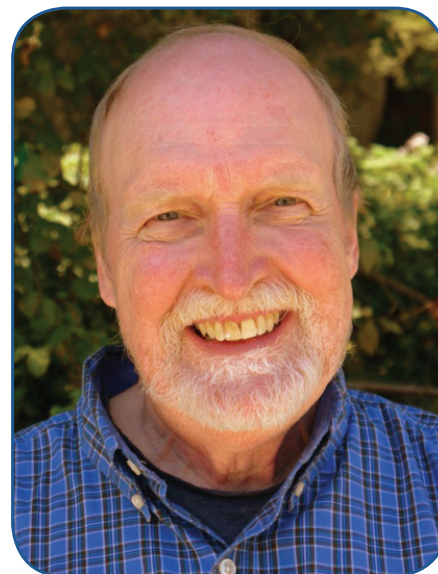


Fall Meditation Retreat:
The Jhanas and Insight
with
LEIGH BRASINGTON

at beautiful Lake Tahoe (Camp Galilee)

Wed., Nov. 4, 3pm to
Fri., Nov. 13, 1pm, 2020 (9 nights)



This retreat will emphasize the application of the jhanas (Meditative Absorptions) in a regular sitting practice, and is suitable only for experienced meditators with prior retreat experience.

The jhanas are a method of one-pointed concentration taught in the Theravadan Buddhist tradition. Jhana practice is helpful for gaining the deep insights necessary for ending personal suffering. The retreat will focus on the teaching of this technique and the application of the jhanas for enhancing insight practice. The retreat will be held in Noble Silence with sitting and walking meditation and personal interviews.

Leigh Brasington (leighb.com) has been practicing meditation since 1985 and is the senior American student of the late Venerable Ayya Khema. Leigh began assisting Ven. Ayya Khema in 1994, and began teaching retreats on his own in 1997. He teaches in Europe and North American, and is the author of the book *Right Concentration – A Practical Guide to the Jhanas*.

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. Dana for these priceless teachings will be gratefully accepted by the teacher, giving the participants the opportunity to engage in the practice of generosity, the first step toward freedom.

COST: \$680-\$1,050 sliding scale, plus a voluntary donation to the teacher at the end of the retreat. The estimated actual per-person cost for this retreat (if we used a fixed rate) is \$835. By selecting an amount above this level, your generosity supports those who need to select a lower rate to attend. Scholarship assistance is available; contact Tom Gray at tom@dharmazephyr.org to apply.

TO REGISTER: Fill out the online registration form and liability waiver at <https://dharmazephyr.org/event/the-jhanas/> and pay a \$250 non-refundable deposit to hold your spot. Registration opens in April 2020. This retreat is expected to fill quickly.

QUESTIONS? Contact Tom Gray at tom@dharmazephyr.org.

The Dharma Zephyr Insight Meditation Community is a Federal Non-Profit Corporation.