

Light on Meditation

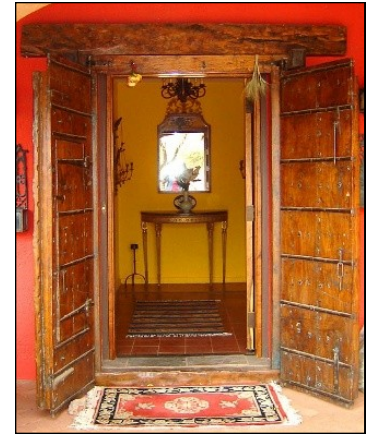
A Retreat with Upsaka Culadasa



Upasaka Culadasa is ordained as a dedicated lay-practitioner. He has been practicing Buddhist meditation for 35 years and is the Director of Dharma Treasure Buddhist Sangha. His intensive training in and integration of both Theravadin and Tibetan traditions provides students with a rich and rare opportunity for rapid progress and deep insight. As a Ph.D. he taught neuro-sciences until 1996 when he left to lead a contemplative life. He is now devoted to helping students master meditation skills.

Dharma Treasure
Buddhist Sangha

Dharmatreasure.com



A Residential Retreat with Upasaka Culadasa

Practicing the Perfections: Concentration

Tucson, AZ, USA

September 2–5, 2011

(Friday check-in between 4 and 5 pm. Monday check-out after lunch)

This Samatha–Vipassana silent residential meditation retreat offers extensive opportunity to deepen your practice through alternating sitting and walking meditation as well as instruction, personal interviews and Dharma talks and discussion.

Meals: Delicious vegetarian meals.

Location: The Tucson Hacienda. A historic private home with 2 guest casitas in the beautiful Tucson desert.

Small group size: Ensures personal attention and a more intimate retreat.

All are welcome, beginners to dedicated practitioners. Retreat fees cover expenses only (vegetarian meals and accommodations). The teachings are given freely without charge. Donations are gratefully accepted. Tax receipts will be issued for donations.

Please reserve your space early. Each accommodation is unique—please call for details. Accommodations range from \$230 to \$280. Reservations on a first come first served basis with deposit of \$150 or paid in full. To register send check to: Dharma Treasure, P.O. Box 232, Pearce, AZ 85625

For more details: George: 520-803-6537, George.sv.az@gmail.com