

Light on Meditation
A 10 Day Samatha-Vipassana Meditation Retreat
with
Upasaka Culadasa
at
Stronghold Meditation Center
July 1 - 10, 2011 (Fri-Sun)

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, Dharma talks/discussion and meditative movement sessions.

Dates: **Arrival** Friday evening, July 1. Please plan to arrive after 4 pm and before 7 pm. Supper will be available at 6 pm.

Practice begins Saturday morning continuing through Sunday afternoon.

Departure Sunday, July 10 at 3pm.

Location: In beautiful Cochise Stronghold Canyon, 80 miles SE of Tucson.

Maximum 12 Places Available: Small group size ensures personal attention and a more intimate retreat. All are welcome, beginners to dedicated practitioners.

Fees: \$360 to \$1175*. Retreat fees cover expenses only (vegetarian meals and accommodations). The teachings are supported entirely through your generous donations. Donations are gratefully accepted. Tax receipts will be issued for donations.

***Accommodations:** Dormitory style sleeping (\$450)

2-3 persons sharing w/private bath (\$675)

Limited private rooms (\$1125)

Camping (\$360)

Meals: Delicious vegetarian meals with an emphasis on plentiful raw and fresh foods.

* **Partial Work Exchange Scholarships Available:** Apply when registering.

Registration: Confirmed with payment in full of retreat fees by Friday, June 24th.

Learn to Meditate with a Master

Upasaka Culadasa, an ordained dedicated lay-practitioner has been practicing Buddhist meditation for over 35 years and is the Director of *Dharma Treasure Buddhist Sangha*. His intensive training in both Theravadin and Tibetan traditions brings students a rare opportunity for rapid progress and deep insight. As a Ph.D. training and teaching in neuro-sciences, he also brings a scientific perspective to his teaching. He now leads a contemplative life and is devoted to helping students master meditation skills.

To Register or for more information:
Call or email Shelly: 520-398-6527 shubman@pima.edu