

Joyful Stillness
5 day Easter Samatha-Vipassana Meditation Retreat
with
Upasaka Culadasa

at

Manzanita Village, California
April 20, 2011 – April 25, 2011 (Wed-Mon)

“When the mind is uplifted by joy the body becomes all tranquil” – Buddha

Joy plays a very special role in Buddhist practice. The spontaneous arising of Joy marks an important stage in the progress of meditation practice. Meditative Joy, often referred to as rapture, is one of the Seven Factors of Enlightenment taught by the Buddha. It is also a factor of deep meditative absorption. Joy is distinguished from happiness or bliss, with which it is easily confused. Learn how to awaken joy, so essential to the spiritual life.

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** Wednesday afternoon, April 20. Please plan to arrive before 4pm.

Practice begins Wednesday evening, with silence beginning Thursday morning.

Departure Monday, April 25 at 1pm

Location: Manzanita Village, near Warner Springs, CA, N of San Diego & about 2 hours from LA. Manzanita Village offers a beautiful meditation hall, spacious room for daily meditative movement/exercise and quiet walking paths in a remote, high desert location. Small group size ensures personal attention and a more intimate retreat. All are welcome, beginners to dedicated practitioners.

Fees: \$400. Retreat fees cover expenses only (meals and accommodations) and do not support the teacher. Your donation will be gratefully accepted by the teacher and is tax-deductible.

Accommodations: Comfortable but rustic. All the cooking will be done by the owners of the facility. It can be cool in April. You would need to bring warm clothing and bedding.

Registration: Confirmed with payment in full of retreat fees. (\$400)

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 neurosciences, he also brings a scientific perspective to his teaching. He now leads a contemplative life and is devoted to helping students master meditation skills.

"Our sole purpose is to offer the Buddha's teachings through meditation retreats to support spiritual seekers in their search for truth."

To register or for more information email or call: Nancy: nyates@vtc.net or 520-826-4141

Please send payment by check payable to: Dharma Treasure directly to:

Dharma Treasure, PO Box 232, Pearce AZ 85625