

# light on meditation

## A 7-Day Samatha-Vipassana Meditation Retreat

with Upasaka Culadasa  
at Stronghold Meditation Center

June 4th - 11th, 2010 (Fri-Fri)

*A tranquil mind is within your reach*

*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. Practice begins Saturday and continues through the following Thursday evening. Departure Friday am.

**Accommodations:** Dormitory style sleeping and/or camping. Limited private rooms at Cochise Stronghold and Half Moon Ranch in the canyon are available.

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

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

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

*All are welcome, beginners to dedicated practitioners.*

## Learn to Meditate with a Master

**Upasaka Culadasa**, an ordained dedicated lay-practitioner has been practicing Buddhist meditation for 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.



**Fees:** \$350 to \$450

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.

**Work Exchange:** For those unable to afford the full cost of the retreat, a partial work exchange will also be available.

**Extended Retreat:** For those interested, the option is available to stay for an additional three days.

**To Register or for more information:**

Email Adam Lester: [lester@email.arizona.edu](mailto:lester@email.arizona.edu), or call or email Nancy Yates: 1-520-826-4141; [nyates@vtc.net](mailto:nyates@vtc.net)

\*For details please visit: [www.dharmatreasur.org](http://www.dharmatreasur.org)

