



Touching the Earth

Embodiment, Renewal & Letting Go

Non-Residential Weekend Retreat With Amma Thanasanti Bhikkhuni & Aura Glaser

For new and experienced meditators
Saturday & Sunday, February 11th & 12th, 2012
Ann Arbor, Michigan

Body Awareness/Realization Process

The Buddha taught awareness of body and breath as a path of full enlightenment. Bringing attention to the body allows for relaxation, stillness, renewal, and letting go. To discover the body is to discover awareness and, eventually, the awakened state. The Realization Process® (developed by Judith Blackstone) is a direct approach to embodied nondual consciousness pervading our body and the environment as a whole. This retreat will combine body awareness and Realization Process® practices to uncover an authentic experience of ourselves, as individuals and our connection with all of life at the same time.

Amma Thanasanti Bhikkhuni has been meditating for over 30 years and a Theravada Buddhist nun for over 20 years. She has been teaching intensive retreats worldwide for 15 years combining the essence of Forest Tradition and nondual awareness practices. She founded Awakening Truth in 2009.



Aura Glaser, Ph.D. is a dharma teacher and psychologist integrating spiritual, psychological, and embodiment work. She is the author of "A Call to Compassion," a co-founder of Jewel Heart, and a therapist in private practice. Aura trained with Judith Blackstone and is certified to teach *Realization Process® Subtle Self Work* and *Realization Process® Meditation*.



Cost: Retreat is offered on a *Dana* basis. *Dana* means generosity and is the Buddhist practice of giving to one's capacity. Teachings that liberate are priceless so no set fee is required making them accessible to all. There will be a \$20 charge, however, to cover hard costs; this does not include the *Dana* offering.

Registration: As space is limited, to register please send your name, email, and phone number to—meditation.retreat.replies@gmail.com. Detailed information about the retreat will be emailed to you subsequently.

Schedule: The retreat will run from 10 a.m. to 4:30 p.m. each day. Meditation cushions will be provided. Should you need a chair, please mention that in your registration email.



<http://www.awakeningtruth.org>