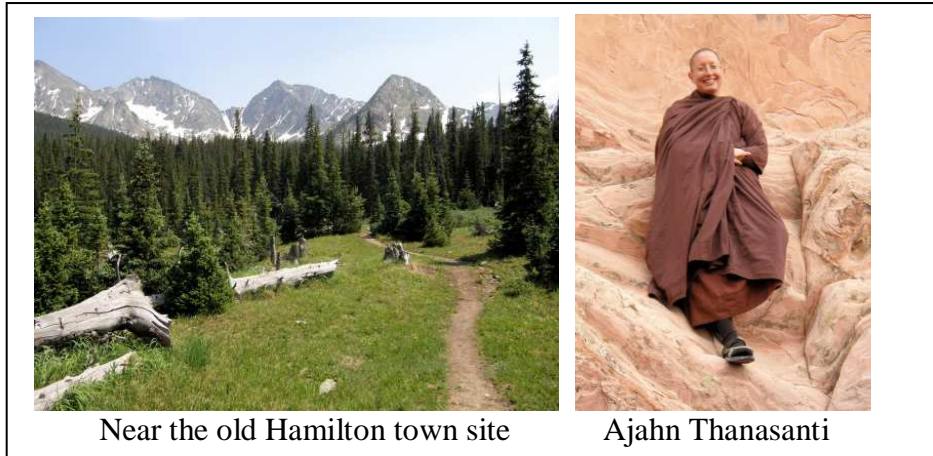


Awakening Truth

(AwakeningTruth.org)

Backpacking/Camping/Hiking Retreat with Ajahn Thanasanti Meditate in the High Mountain Wilderness of Colorado August 21-24, 2009



Near the old Hamilton town site

Ajahn Thanasanti

Ajahn Thanasanti will lead an insight meditation retreat in the Colorado Wilderness. Insight meditation is a simple and direct practice—the moment-to-moment investigation of the mind/body process through calm and focused awareness. Liberation from suffering occurs with letting go. The retreat will be an opportunity to bring compassion, mindfulness and clear understanding into the mind/body process releasing fear associated with letting go and resting in a natural awareness. Joy, inner contentment and confidence are the fruits of release and rest. This leads us to the realization of the heart's freedom and its unshakable peace.

The retreat will be in the Colorado's Collegiate Peaks Wilderness northwest of Buena Vista and southwest of Leadville. We will pack in 1.5 miles with a 350 foot elevation gain (3.2 miles, 700 foot elevation gain from the Passenger Car Parking Lot) and camp at the old Hamilton town site at 10,850 feet above sea level. This trip will be suitable for beginning backpackers. Even though the distance is short it will be important to have the proper gear and be acclimatized to the altitude. People coming from low altitude would do well to arrive in Colorado several days prior to the trip to begin the acclimatization process.

We will have times of silence and meditation, using the simplicity of the environment as a part of the practice. Day hikes to several locations will be possible, such as Lake Ann, a pass on the continental divide and a rock glacier.

The trip will be organized on a fairly informal basis. It is each individual's responsibility to make sure they have the proper equipment and arrange for their own transportation to

Winfield, CO. A list of recommended equipment will be sent out to registrants and posted on the Awakening Truth.

The food preparation will be a group responsibility. A food planning meeting will be held prior to the retreat, for all who can attend. People with special food needs are asked to provide their own special food. We are asking for a \$50 deposit (payable to Awakening Truth) by July 31st. Funds will be used to purchase food any funds not used will be refunded.

Even though we will be less than 2 miles from the trail head, this trail head is effectively already in the wilderness. We will be 30 miles from the nearest town with services. We will be camping and hiking at an altitude of **over 2 miles above sea level**. Available oxygen is 30% less than at sea-level. This may be an issue for those not from Colorado or acclimatized to altitude. Day trips from the camp could involve over a thousand feet elevation gain to elevations near or above 12,000 feet. While days are generally warm, nights can be quite chilly (frosts are likely). Also be prepared for afternoon and evening thunderstorms including rain and hail. Tents, warm sleeping bags and warm clothing are a necessity. Everything brought in must be carried back out.

This trip will abide by the Leave no Trace ethic, please familiarize yourself with what this means, see http://www.fs.fed.us/r2/psicc/recreation/general_recreation/trace.shtml.

Deadline for registration is July 31, 2009

An official registration form follows.

For more information contact:

Don Burrows -- donburrows@comcast.net

719-528-3979 evenings and weekends

REGISTRATION/CONFIRMATION FORM

(Must be completed and returned to confirm your space in the retreat)

**If you are unable to attend, please let us know immediately,
so we can adjust the food planning. Thank you!**

**Venerable Ajahn Thanasanti's Wilderness Retreat
August 21st to 24th - 2009
Winfield, Colorado**

Name:

Address:

Phone Number:

Email:

Can we share your email for planning and carpooling purposes?

Age:

Gender:

Instructions: Please complete the information below, save the document using your name, and return via email to retreat manger, Don Burrows DonBurrows@comcast.net or mail: 815 Old Dutch Mill Road; Colorado Springs, CO 80907 (719) 528-3979

This form must be returned by July 31, 2009 to confirm and ensure your place.

MEDICAL/EMERGENCY INFORMATION

Emergency Contact during retreat:

Relationship:

Telephone: Day

Eve

Do you have any medical/health conditions that may affect your participation in the retreat? (e.g. allergies, medications, mobility issues, etc.)

If "Yes" to above, please describe:

Are you taking any medications?

If "Yes" to above, please describe:

Do you have any relevant factors that you would like to mention to the teacher, such as a recent bereavement, family difficulty, history of abuse, stress at work, etc.?

If "Yes" to above, please describe:

Do you have special food needs?

If "Yes" to above, please describe:

RETREAT INFORMATION

What is your camping, hiking and backpacking experience?

Do you need transportation from Denver or Colorado Springs to Winfield?

Are you willing to provide transportation for someone to Winfield?

(A list of those needing transport and those willing to provide it will be sent out after July 31st)

Is there anything else you would like us to know?

