

Early Registration is Appreciated!

Retreat is offered on a Dana basis (donations rather than set fees). Actual cost is \$390—\$425 per person.

Registration: \$100 deposit payable to Awakening Truth. Space is limited

Accommodations:

Registration/Confirmation Form, map, and additional information will be sent three to four weeks prior to the retreat.

Begins: Friday Evening April 30th

Check in 4—5:45 PM

Supper 6 PM

Ends: Thursday May 6th—3 pm



Sunrise Ranch is nestled in the foothills of the Rocky Mountains about one and a half hours north of Denver. Ground transport from (DIA) Denver International Airport is available by shuttle. Please contact Super Shuttle at 970-482-0505.

Fragrance Notice

Please do not wear scented personal care products as an accommodation for those with allergies, asthma and chemical sensitivities.

Meditation Retreat

with

Venerable Ajahn Thanasanti

Four Foundations of Mindfulness



Ajahn Thanasanti

*Sponsored by
Awakening Truth*

awakeningtruth.org

April 30 - May 6, 2010

*Sunrise Ranch
Loveland, Colorado
sunranch.org*

Monastic Meditation Retreat — April 30—May 6, 2010 Ajahn Thanasanti

Enclose \$100 deposit payable to Awakening Truth.

Name _____ Date _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email: _____
Gender _____ Age _____

Are you available to help with set up or clean up? Yes ___ no ___
Have you previously attended a five day or longer silent meditation retreat? Yes ___ no ___
How would you like to receive communications? Email ___ Regular Mail ___

Mail check and form to:
Priyan Guneratne
8371 Pawnee Ln
Niwot, CO 80503



Dana

The teachings are offered freely because they are considered priceless. The greatest way of repaying the teacher is to take the teachings to heart and put them into practice.

The monastics of the Theravādan Forest tradition worldwide are totally dependent on the generosity of lay people for all of their needs. So it is helpful to reflect that Dana is a practice of generosity, kindness and letting go. The practice asks that we look within with wisdom and offer what we are able with loving kindness to support the continuation of the Sangha and teachings that comes from their practice. When we give, we have direct access to our own goodness.



“If you let go a little you will have a little peace. If you let go a lot, you will have a lot of peace. If you let go completely, you will have complete peace.”

Ajahn Chah

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.



Retreat Information

Priyan Guneratne
8371 Pawnee Ln
Niwot, CO 80503
(303) 652-0615
info@awakeningtruth.org

Ask about transportation from the
Denver International Airport

Ajahn Thanasanti has meditated for 30 years and has been a Buddhist nun for almost two decades, teaching intensive retreats internationally since 1996. She is currently based in CO, planning on moving to CA in order to pursue her vision of monastic and lay practitioners working together to create viable practice communities.

Over the course of each day, there will be meditational instructions, Dhamma talks, devotional chanting (puja) and some gentle physical exercises. The eight precepts as well as noble silence will be observed. Breakfast and a midday meal will be served each day, with hot and cold beverages provided in the evening. There will also be times for discussion.

This retreat is suitable for both new and experienced students.

