



Finding Equanimity in our Inner and Outer Worlds

A Residential Meditation Retreat

Open to All
with Arinna Weisman

April 5-9, 2018

Zen chaplain Phyliss Coletta wrote in the Buddhist publication, *The Lion's Roar*: "When we commit to this path we love and embrace the whole catastrophe within others and ourselves. Love and embrace Rush Limbaugh, Donald Trump and Sarah Palin...It will be fabulous grist for the mill."

How do we hold the increasing speeches of hatred and acts of violence without becoming reactive, nor turning away from the real dangers present? This retreat will be dedicated to creating a safe space to cultivate awareness, inquiry and compassion and to discover a deeper understanding and kindness in relationship to our own inner world and the outside political field.

This retreat will be held in the container of silence with a time for group inquiry and individual interviews each day. There will be guided meditations in mindfulness and loving kindness and dharma talks. As a gathering we will be supported to become conscious of the diversity in the room as well as the larger communities of which we are a part.

WHEN: April 5-9 (5 days and 4 Nights).

LOCATION: Cochise Stronghold Nature Retreat Center. About 80 miles SE of Tucson

COST*: By March 5, 2018	After March 5
\$395-\$650, depending on accommodations	\$445-\$700, depending on accommodations

REGISTRATION:

To register, please complete the online registration [HERE](#).

CONTACT: BETTY KING 520.271.5641 OR ZENPEACE17@GMAIL.COM

Please see registration information for accommodation options.

*Cost includes vegetarian meals. A limited number of partial scholarships are available

TEACHER: Arinna Weisman has studied Insight Meditation since 1979. She teaches in the lineage of the Great Burmese master U Bha Khin and was empowered to teach by Ruth Denison. Arinna is the founding teacher of Insight Meditation Center of Pioneer Valley in Easthampton, MA and co-author of [A Beginner's Guide to Insight Meditation](#). She has been teaching since 1989 and her passion is building multicultural sanghas.