

10th Annual
Rocky Mountain
Summer Solstice Retreat



Insight Meditation in Nature
with Johann Robbins and Peter Williams

9AM Wednesday, June 19, 2019 to 5PM Monday, June 24
Rocky Mountain Ecodharma Retreat Center, Jamestown, CO

The Buddha lived and taught outdoors, and most of the traditions of Buddhism were developed in nature. Mindfulness and silence deepen our experience of nature and beauty, while intimacy with plants, animals and the elements enhance our sense of oneness. On the longest days of the year, join us to hike, meditate, and experience the dharma unfolding naturally.

This silent meditation retreat is for anyone with a desire to go deeper in their practice, from beginners to experienced meditators. The retreat will include instructions and sitting and walking (hiking) meditation, Dharma talks, and practice discussion with the teachers. Rocky Mountain Ecodharma Retreat Center has beautiful hiking trails and amazing views of Indian Peaks. Lodging options include camping, shared or private rooms. Delicious vegetarian meals are provided.

For details, online registration, and easy payment go to: www.impermanentsangha.org

Schedule

Please arrive by 8:30 am, Wednesday, June 19 to check in and get set up. Delicious vegetarian meals from lunch Wednesday through lunch Monday will be provided. The retreat ends at 5PM on Monday. We ask that you please plan on staying for the entire retreat, and not leaving early.

Cost and Lodging

The cost of the retreat is set as low as possible and only covers expenses such as rental, food, cooks, etc. The teachers and manager aren't paid and are supported with dana (donations).

Prices below are for early bird discount. Add \$100 to for registering after April 10.

Dorm (same gender, 3-4 beds): \$325.

Double Room (same gender, 2 beds) or Camping: \$400. Name roommate on the application if you have a preference. Camping is limited.

Couple Room: \$400 per person, shared double bed. Please name roommate on application.

Private Single Room: \$650.

It is our intention that cost not be an impediment to practice, and scholarships of up to \$200 are available for shared rooms or camping. If you need a scholarship, write a brief explanation and state the amount requested on the registration, and pay the remaining amount. Your deposit is fully refundable if the scholarship is not approved.

What to bring: All bedding for sleeping if tent camping, comfortable hiking shoes or boots, day pack, water bottle(s), and a packable chair to bring for sitting out on the land (there are carpet pads at the center to use for this too). A closed mug for coffee, and a plastic container(s) for taking trail lunches. Clothing for wind, rain, hot and cool weather, including hiking and nighttime clothes, sun hat and sunglasses, toiletries, sunscreen, and whatever else you may need. Please bring a watch and a whistle. All bedding is provided to non-campers, and towels are provided for all.

Noble Silence: The retreat will be held in silence to maintain the continuity of practice. As part of the silence, please don't use cell phones, computers, books, music players, etc., and plan on refraining from speaking, reading or writing during the retreat. If you come as a couple or with a friend, please pay special attention to not communicating with each other. We recommend not using a camera during retreat. Photos can be taken before or after. Being as fully present as possible is the practice. Note: there is no cell service where we will be, and the lodge phone is for emergency use only.

Schedule and Format: The retreat is focused on the enjoyment of practice in nature. The intention is to facilitate the experiences of oneness and non-separation, and the dissolving of the sense of self. There will be sunrise and sunset sits, sitting and hiking in nature, meditation instructions (beginners are welcome), your choice of day hikes into some beautiful areas, free time, Q&A, and practice discussions. Evenings include an after dinner sit and Dharma talk around the campfire. The tone of the retreat is relaxed, with a focus on continuous mindfulness and enjoyment of nature. The retreat is appropriate for all levels of experience, including total beginners.

"Dana" is the Pali word for generosity. The registration fee covers expenses such as rent and meals. In the tradition of Buddhism, the teachings are offered at no set fee, so as to make them available to all regardless of finances. In turn, the teachers are supported through the generosity of the students. In considering your *dana*, there is no minimum amount. However, if you need a guideline, consider the cost of a weekend set-fee workshop or retreat and donate accordingly. Your generosity supports Johann and Peter's ability to continue teaching and is much appreciated.

Directions FROM DENVER or BOULDER (30-40 minutes):

RMERC 8941 Overland Rd. Ward, CO

- Take Hwy 36 West (28th St). or Broadway thru Boulder to Lee Hill Dr. almost at end of Boulder
- From light at the intersection of Hwy 36 or Broadway, take left on Lee Hill Dr.
- Go straight at the first junction continuing up Olde Stage Rd.
- Turn left at the end of the road going up canyon on Left Hand Canyon Drive.
- At first left turn DO NOT go over the bridge toward Ward, but continue straight towards Jamestown.
- When you enter Jamestown, you will come to a stop sign.
Please drive slowly (15 mph) as you continue thru the town.
- Continue up Overland Rd. until it becomes graded dirt/gravel and pavement ends•
- After less than 2 miles of dirt road you will see the turnoff to Glacier View Retreat on Right. DO NOT take that, but continue on Overland Road about 100 yards more until you see the big mountains come into view. The first gate on the left is our parking lot, go through the open gate and park. Please do not enter the second driveway into the meadow on the left past the parking area; if you get to that turn around and come back to the parking lot. DO NOT PARK ON THE ROAD, PARK IN THE PARKING LOT ONLY.

*****GPS & online mapping** gives inconsistent results. *****Cell Phone signal** will cease once you turn off of US 36 into the foothills. *****There are no gas stations** in the foothills.