



***Two day non-residential Vipassana** Meditation Retreat with Rodney Smith in
Port Townsend***

Weekend of May 12th-13th

May 12th – 9 to 5 pm

May 13th – 9 to mid-afternoon

Location: P.T. Yacht Club-2503 Washington St. Port Townsend, 98368

Contact: Teresa Scharf - retreats@ptsangha.org or 360-379-2276

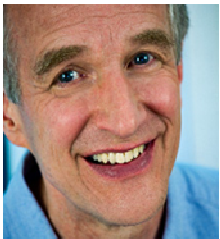
Cost: \$10 Registration Fee & Dana (by donation) for the teacher.

Tea & light snacks will be provided. Please bring your own lunch.

*****Vipassana” or “Insight Meditation” refers to the simple practice of moment-to-moment mindfulness or “clear seeing” with a relaxed awareness. A retreat environment allows one to deepen practice and includes periods of sitting, walking and talks by the teacher. We will be in silence during the retreat time.***

The topic for this retreat will be “Working with Dharma Fundamentals.” The Dharma refers both to the teaching of the Buddha and the experience and knowledge we come to through our own practice and experiences. Rodney points out that “so often we bypass our relationship to the fundamentals of Dharma practice because they seem too basic compared to the depth of where the Dharma is pointing. In so doing we reach a dead end where we are unable to move forward because we are not sufficiently prepared to engage the next step of our journey.”

This retreat is sponsored by the Port Townsend Sangha at ptsangha.org. Both new and experienced meditators are very welcome.



Rodney Smith has taught meditation since 1984. He is a former Buddhist monk and worked in hospice care for 17 years. The author of *Lessons From The Dying* and his recent book *Stepping Out of Self-Deception*, he founded and guides the Seattle Insight Meditation Society. His teaching emphasis is on awakening within the forms of our daily lives.