

## **Update Three – August 3, 2015 2015 Retreat Schedule**

New: Discovering the Power of the Present Moment (with Michael Gregory) a combined mindfulness and nature of mind retreat.

- Monday August 17th Breckenridge
- Tuesday August 18th Carbondale
- Wednesday August 19th Vail
- Thursday August 20th Evergreen
- Weekend Retreat Aug 21-23 Denver

Refuge Ceremony with Vows (Precepts) and Bodhisattva Vows will be offered at the end of the weekends retreats in both Colorado and Florida on Sunday Afternoon. Friends and Family are invited to attend.

Discovering the Power of the Present Moment Weekend Retreat

- Ellenton, (Just South of Tampa) Florida Aug 28-30  
\$15 for evening lectures is requested and • \$200 for weekend retreats for visitors. Members are free.  
For Advance Colorado Sign-Up Call (303) 883-6820

September 18-20 Florida Retreat Center  
September 25-27 Carbondale, Colorado

You Are The Eyes of the World: A Dzogchen Retreat with Michael Gregory

Just as the images on television are nothing more than light, so are our experiences merely the dance of awareness. Often we form attachments to, or feel enslaved by these experiences. But they are only reflections. As easily as television pictures vanish when the channels are changed, the power of our experiences fades if we penetrate to the heart of reality- the light of the natural mind within everyone. This retreat titled, "You are the Eyes of the World," presents a method for discovering awareness everywhere, all the time. This retreat does not discuss how to turn ordinary life off, it does not describe how to create beautiful spiritual experiences; it shows how to live within the source of all life, the unified field where experience takes place. For this retreat we will be using a 14th century translated meditation manual from the great hermit-yogi Longchenpa.

For members only and those with or for those willing to commit to a daily meditation practice)

October 23-Sunday November

1st Tantra Retreat with Phillip Hedrick. The retreat will be held at the Florida Retreat Center for members only.

December 4-6th Denver, Colorado

December 11-13th Florida Retreat Center:

Abiding in Peace: Calming and Resting the Mind with Phillip Hedrick.

• Open to All. Free to Members. \$200 for visitors.

Ten Day Mindfulness and Insight Meditation Retreat at the Florida Retreat Center

•From December 26-Jan 3 2016

•\$450 members of at least three months.

•\$950 for visitors.

The 2016 Retreat Calendar will be released shortly but for those planning to attend the 30 Day Nature of Mind Intensive in 2016 this year will be different as it will be a month long Dzogchen Retreat in place of the annual Mahamudra retreat. The retreat will also be held in June so please plan accordingly. Also the cost of the 30 Day Retreat will be \$1050 for members and \$2200 for visitors. The membership cost is only available for those who will be members for at least six months.

May You Be Happy, May You be Well, Safe, Peaceful and at Ease.

You may Sign for Membership in classes or by calling Linda at 303.883.6820 or email at Linda Gregory at [lindag002002@yahoo.com](mailto:lindag002002@yahoo.com)

[www.mindfulnessmeditationcenters.com](http://www.mindfulnessmeditationcenters.com)