



MMC Retreat Schedule 2018 *

Advice From A Yogi

Jan. 12–14 CO Michael Gregory
 Jan. 19–21 FL Michael Gregory

The Essence of Buddhism

Feb. 2–4 FL Michael Gregory
 Feb. 23–25 CO Michael Gregory

Waking Within the Dream: Dream Yoga

Mar. 16–25 FL Michael Gregory

How A Buddha Thinks, Speaks And Acts

Apr. 6–8 FL Phillip Hedrick
 Apr. 27–30 CO Phillip Hedrick

A Fearless Presence: Realizing The Nature of Mind

May 18–June 16 FL Michael Gregory

The Seminal Teachings of the Buddha: The Four Foundations of Mindfulness

Foundation #1 July 13–15th CO Phillip Hedrick
 Foundation #1 July 27–29 FL Phillip Hedrick

Wise Heart: Transforming Your Relationship To Emotional Pain

Foundation #2 Aug. 10–12 CO Phillip Hedrick
 Foundation #2 Aug. 24–26 FL Phillip Hedrick

Mind Like The Sky

Foundation #3 Sept. 14–16 FL Phillip Hedrick
 Foundation #3 Sept 28–30 CO Phillip Hedrick

The Heart of the Buddha's Teaching

Dependent Co-Arising Oct. 12-21 FL Michael Gregory

Cutting Through The Illusion

Foundation #4 Nov. 2–4 CO Michael Gregory
 Foundation #4 Nov. 16–18 FL Michael Gregory

Discovering Your Pure Elegant Nature: Vipassana Meditation

Dec.26—Jan 4 FL Michael Gregory

Community-wide Days of Mindfulness, led by Senior Community Lay-teachers

March 10th CO / FL / CA
 May 12 CO / FL / CA
 June 30 CO / FL / CA
 October 27 CO / FL / CA
 December 8 CO / FL / CA

First Saturday of Each Month—Community Clean Up Days At Palmetto MMC Center (KARMA YOGA)* During MMC retreats the Community Clean Up Day is suspended.

Session I- 8:30 am-12 noon; Session II- 1:00-4:00pm

Annual Teacher Sabbatical

June 17–July 30th FL Michael Gregory

Enrollment for retreats is open to all, however space is limited and you must sign up to ensure your participation. You may sign up for any retreat by contacting the MMC retreat coordinators.

Attending in Colorado:
 Avtar Perrault,
 avtar.perreault@gmail.com

Attending in Florida:
 Jenny Laws
 jennylaws97@gmail.com

Payment for retreats is on a donation only basis. Your generosity is critically important, and enables MMC to continue its mission to provide teachings and support for our teachers and the necessary technology for the distribution of the dharma.

*Note: This schedule is subject to changes and additions. rev.12317