



## MMC Retreat Schedule 2018 \*

### ***The Essence of Buddhism***

Feb. 23–25 CO Michael Gregory

### ***Waking Within the Dream: Dream Yoga***

Mar. 16–25 FL Michael Gregory

### ***Tonglen: The Heart of Compassion***

Apr. 8 LA, CA Michael Gregory

Apr. 9 San Diego, CA Michael Gregory

### ***How A Buddha Thinks, Speaks And Acts***

Apr. 6–8 FL Phillip Hedrick

Apr. 27–30 CO Phillip Hedrick

### ***Tonglen: The Heart of Compassion***

May 9–10 Aspen, CO Michael Gregory

### ***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

### ***Public Talk***

Aug. 22 Aspen CO Michael Gregory

### ***Dzogchen***

Aug. 24 –26 CO Michael Gregory

### ***Essence of Buddhism***

Sept. 8 LA, CA Michael Gregory

Sept. 9 San Diego, CA Michael Gregory

### ***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

### ***The Highest Instruction Pointing Out the Nature of Mind***

Dec. 15 LA, CA Michael Gregory

Dec. 16 San Diego, CA Michael Gregory

### ***Discovering Your Pure Elegant Nature: Vipassana Meditation***

Dec. 26—Jan 4 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 following MMC retreat coordinators.

#### **Attending in California:**

Davita Moodley

Davita Moodley@gmail.com

#### **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.*

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

March 10th CO / FL / CA FL Hannah Wilcox  
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

**Tentative Schedule**

**Pilgrimage Tibet**

Sept. 15–Oct.3

Michael Gregory

*\*Note: This schedule is subject to changes and additions. rev.2.22.18*