



# MINDFULNESS MEDITATION CENTERS • 2019 RETREAT SCHEDULE

Many MMC retreats are offered via Zoom—all by donation / generosity. \*\* mindfulnessmeditationcenters.com

| DATE                | RETREAT   | LOCATION                      | TEACHER               |
|---------------------|---|-------------------------------|-----------------------|
| Jan. 25–27          | The Vehicle of The Result: Vajrayana–An Overview of Creation & Completion | Florida / Zoom                | Phillip Hedrick       |
| Feb. 8–10           | The Fire Sermon   | Denver / Zoom                 | Michael Gregory       |
| Feb. 23             | Day of Mindfulness  | All Communities               | Local Sangha Teachers |
| March 15–24         | Archetypal Transformation Into Wisdom                                     | Florida / Zoom                | Michael Gregory       |
| March 30            | Day of Mindfulness  | Florida / Zoom                | Davita Moodley        |
| April 12–14         | Four Immeasurable   | Florida                       | Local Sangha Teachers |
| April 20–21         | Parting From the Four Attachments   | California / LA; SD           | Michael Gregory       |
| April 26–28         | Four Immeasurable   | Colorado • Onsite             | Local Sangha Teachers |
| May 4               | Day of Mindfulness  | All Communities               | Local Sangha Teachers |
| *May 17–<br>June 15 | 30-Day Retreat • The All Creating Sovereign: Pure Awareness Itself        | Florida • Onsite              | Michael Gregory       |
| June 21–July 31     | Sabbatical  | •                             | Michael Gregory       |
| July 12–14          | Heart Sutra: The Purpose of Life  | Colorado / Zoom               | Phillip Hedrick       |
| July 26–28          | Heart Sutra: The Purpose of Life  | Florida / Zoom                | Phillip Hedrick       |
| August 9–11         | The Six Perfections   | Colorado / Zoom               | Michael Gregory       |
| Sept. 13–15         | Bodhisattva Way<br>Take Refuge/Bodhisattva Vows                           | Florida Onsite Only           | Michael Gregory       |
| Sept. 27–29         | Bodhisattva Way<br>Take Refuge/Bodhisattva Vows                           | Aspen Colorado<br>Onsite Only | Michael Gregory       |
| Oct. 19–20          | The Fire Sermon   | California / LA; SD           | Michael Gregory       |
| Nov. 15–17          | Calm Abiding • Resting In Peace   | All Communities               | Local Sangha Teachers |
| Dec. 7              | Day of Mindfulness  | All Communities               | Local Sangha Teachers |
| Dec. 7–8            | Introduction to Buddhist Mind Training                                    | California / LA; SD           | Michael Gregory       |
| *Dec. 27–Jan. 5     | 10-Day Retreat • Vipassana the Experience of Enlightened Life             | Florida / Zoom                | Phillip Hedrick       |

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.

**\*\*To access the retreats on Zoom, please sign up with retreat coordinators, (listed below), who will send you the login information.**

California: Davita Moodley  
davitamoodley@gmail.com

Colorado: Avtar Perrault  
avtar.perreault@gmail.com

Florida: Jenny Laws  
mmcflretreats@gmail.com



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

For more information on MMC' or to attend virtual and in-person classes, on-line tutorials, etc., and become a MMC sustaining member – visit the website

mindfulnessmeditationcenters.com