

SEVENTH JOSHUA TREE VIPASSANA-METTA MEDITATION RETREAT

Friday March 16 - Sunday March 25, 2012

The Practice: Tranquil Wisdom Insight meditation combines the practice of mindfulness with concentration in a seamless flow. Deepening comes when the meditator can easily keep the meditation object in mind. Joy and tranquility grows as the mind becomes more collected and calm. With these mental skills the meditator can investigate how phenomena occur in the mind and apply this investigation towards the problem of suffering and its cessation.

The Teacher: Ven. Bhante Vimalaramsi, an American monk who was ordained in the Theravada Buddhist tradition, has founded the American Forest Tradition at the Dhamma Sukha Meditation Center in Missouri. He has spent over 35 years practicing, studying and teaching the Buddha's way to cessation of suffering. More information about him and a large collection of his talks are available at www.dhammasukha.org

The Retreat: Dhamma Dena Vipassana Center at Joshua Tree California is in the high desert in a sparsely populated neighborhood. Ven. Bhante Vimalaramsi will give a Dhamma talk from the Suttas every evening and interview each participant daily in order to most effectively guide each student to maximize his/her progress and understanding. The Eight Precepts are kept during the retreat. There is an emphasis on lightheartedness, smiling and fun while doing this important work.

Contact: Antra Priede Berger or Mark Berger at 619-225-0817. Email antrapriede@pol.net

Cost: Food and lodging: \$420 for 10 days.

Meals: Vegetarian breakfast and a main meal at lunch time with tea and juices in the evening.

Lodging: 1-2 persons per room, accommodations are dependent on the mix of men and women enrolling in the retreat, maximum 20 people.

Tuition: Dana, a separate donation to the teacher.

Location: Dhamma Dena Center is 8 miles from Joshua Tree in the high desert, 45 minutes north of Palm Springs, California. Shuttle from the Palm Springs Airport can be arranged with the meditation center.

Registration fee: \$70 non-refundable with the enclosed form, remainder to be sent before March 1, 2012

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Name: _____

Address: _____

Phone number: _____ Email: _____

Dietary preferences:

- I am gluten intolerant.
- I am vegan.
- No restrictions.

COMMENTS: _____

Please include a check for \$70 payable to Antra Priede Berger to reserve a space ASAP. Space is limited.

Send to: Antra Priede Berger, 1335 Santa Barbara Street, San Diego, CA 92107

The receipt of your registration will prompt an email reply within two weeks. A map of the location, a list of items to bring with you, and the retreat schedule will come in January 2012.