



The Path of Service



An Insight Meditation retreat with David Chernikoff

Thursday, May 23rd – Sunday, May 26th, 2019

ABOUT:

Compassionate action plays a central role in many of the great wisdom traditions. In this retreat, we'll practice sitting and walking meditation in Noble Silence to quiet our minds and open our hearts. There will be meditation instruction and dharma talks on the retreat theme. We will also do some guided meditations and interactive exercises designed to deepen our understanding of the joys and challenges of working to benefit living beings and our planet.

WHERE/WHEN:

Rocky Mountain Ecodharma Retreat Center

8941 Overland Rd., Ward, CO

(rockymountainecondharmaretreatcenter.org)

Check in will be from 4pm-5:45pm on Thursday. Dinner will be served at 6pm. The program will end at noon on Sunday, with lunch served immediately after the closing.

WHO:

Both beginning and experienced meditators are welcome.

COST:

The room and board fee ranges from \$190 to \$240, depending on lodging. Vegetarian meals will be provided. *A limited number of partial scholarships are available for this retreat.* As is the practice at insight meditation retreats, your payment covers room and board only. There will be an opportunity to offer dana (translation: "generosity freely given") to the teacher and retreat manager at the end of the retreat.

WHAT TO BRING:

A meditation cushion and pad, if you use one (chairs will be provided); a water bottle, appropriate layers of clothing, an alarm clock, a notebook and pen, and a blanket or shawl if you use one in the meditation hall. Please put your cellphone, iPad, and / or laptop away when we begin the retreat and do not plan on using them until we break the silence at the end. There is no cell phone service or internet access at the RMERC.

REGISTRATION:

You can find a link to the registration form at davidchernikoff.com/schedule. You can contact David at davidchernikoff@icloud.com with any questions.



David Chernikoff, M.Div, LCSW, A student of meditation since 1971, David has completed the Community Dharma Leader training at Spirit Rock Meditation Center and has been teaching Insight Meditation since 1988. His teaching has been influenced by senior teachers from the Insight Meditation Society and Spirit Rock, Tibetan teachers he studied with during a 3-year stay in Nepal, and spiritual guides from other contemplative traditions, most notably Ram Dass, Father Thomas Keating, and Rabbi Zalman Schachter-Shalomi. David taught meditation and psychology at Naropa University for many years and currently has a private practice as a spiritual counselor and life coach in Boulder. He teaches workshops and retreats throughout the U.S. (www.davidchernikoff.com)



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