

The Insight Meditation Community of Colorado presents



Deepening Your Practice

An Insight Meditation retreat for Experienced Students



Wednesday, August 21st – Sunday, August 25th, 2019

ABOUT:

This retreat is for those who want to deepen their practice and to listen to what the Thai meditation master Ajahn Chah called “the one who knows.” Ultimately, spiritual maturation involves learning to trust our own inner guidance and resting in the felt realization that we already *are* what we seek. In a caring, supportive environment, we’ll practice sitting and walking meditation in silence. There will be dharma talks on the retreat theme as well as guided meditations and some interactive exercises that highlight the transformative power of the teachings.

WHERE/WHEN:

Rocky Mountain Ecodharma Retreat Center

8941 Overland Rd., Ward, CO

(rockymountainecondharmaretreatcenter.org)

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

WHO:

Experienced meditation practitioners who have previously practiced in a retreat setting and have regularly practiced meditation for at least two years.

COST:

The room and board fee ranges from \$270 to \$320, 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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