



MONASTIC NEW YEAR'S RETREAT

WITH THE ALOKA VIHARA NUNS

DEC. 27, 2014 – JAN. 4, 2015

INSIGHT RETREAT CENTER | 1906 GLEN CANYON ROAD, SANTA CRUZ, CA

This is an opportunity to end the year in a quiet, reflective environment, being guided in developing a heart of loving kindness and clarity to bring in the New Year.

The retreat will be an opportunity to deepen practice using the Four Foundations of Mindfulness as a basis for contemplation. Insight meditation is a simple and direct practice, the moment-to-moment investigation of the mind/body process through calm and focused awareness. Through seeing and letting go of our habitual attachments and reactions, we can find a place of peace with life as it is.

As a community, we will create a supportive container through keeping the Eight Precepts as well as Noble Silence. Over the course of each day there will be meditation, Dhamma talks, discussion, devotional chanting (Puja), and gentle yoga (Instructor: [Corina Stoicescu](#)). Breakfast and a midday meal will be served each day, with hot and cold beverages provided in the evening. *Register online at www.saranaloka.org



Supporting Theravada Buddhist Nuns of the Forest Tradition in the West

Saranāloka FOUNDATION

WWW.SARANALOKA.ORG