

# Autumn Breeze Meditation Retreat

A Day's Retreat with Andrew Palmer, Sensei

Saturday, November 8, 2014 at the Center for Inner Peace



**L**eaves swirl in the wind, dropping from trees and dancing along the ground. Plants and grasses are drying, hunching down and resting upon the earth. As a result we are able to see the structures that exist beneath, the angles and curves of the limbs and branches, the contours of the land. A meditation retreat offers something similar: an opportunity to set things down and let them be swept away, to experience and abide with what is always running beneath the colors and patterns of our everyday lives. So come sit for a while, be silent, be still, allow the sacred breeze to move among and through you, parting the veils so you may see for yourself what sustains and nourishes it all.

In addition to meditation the day will include a sutra service, dharma talk, and opportunities to meet individually with Andrew for Work In The Room. We will also have a vegetarian lunch.

## Schedule

7:40	Arrive, Orientation
8:00	Tea, Meditation
9:00	Dharma Talk
9:30	Work in the Room Begins
12:00	Silent Potluck Lunch
1:00	Tea, Sutra Service
1:30	Meditation, Work in the Room
3:50	Bodhisattva Vows, Close

Please RSVP to Doug Mesner at 719 248-1542 or [mesner3da@hotmail.com](mailto:mesner3da@hotmail.com).

**Suggested dana (donations for Andrew), \$25. Some scholarship money is available.** Checks should be made to Wet Mountain Sangha. Center for Inner Peace, 740 W. 15<sup>th</sup> St., Pueblo.