

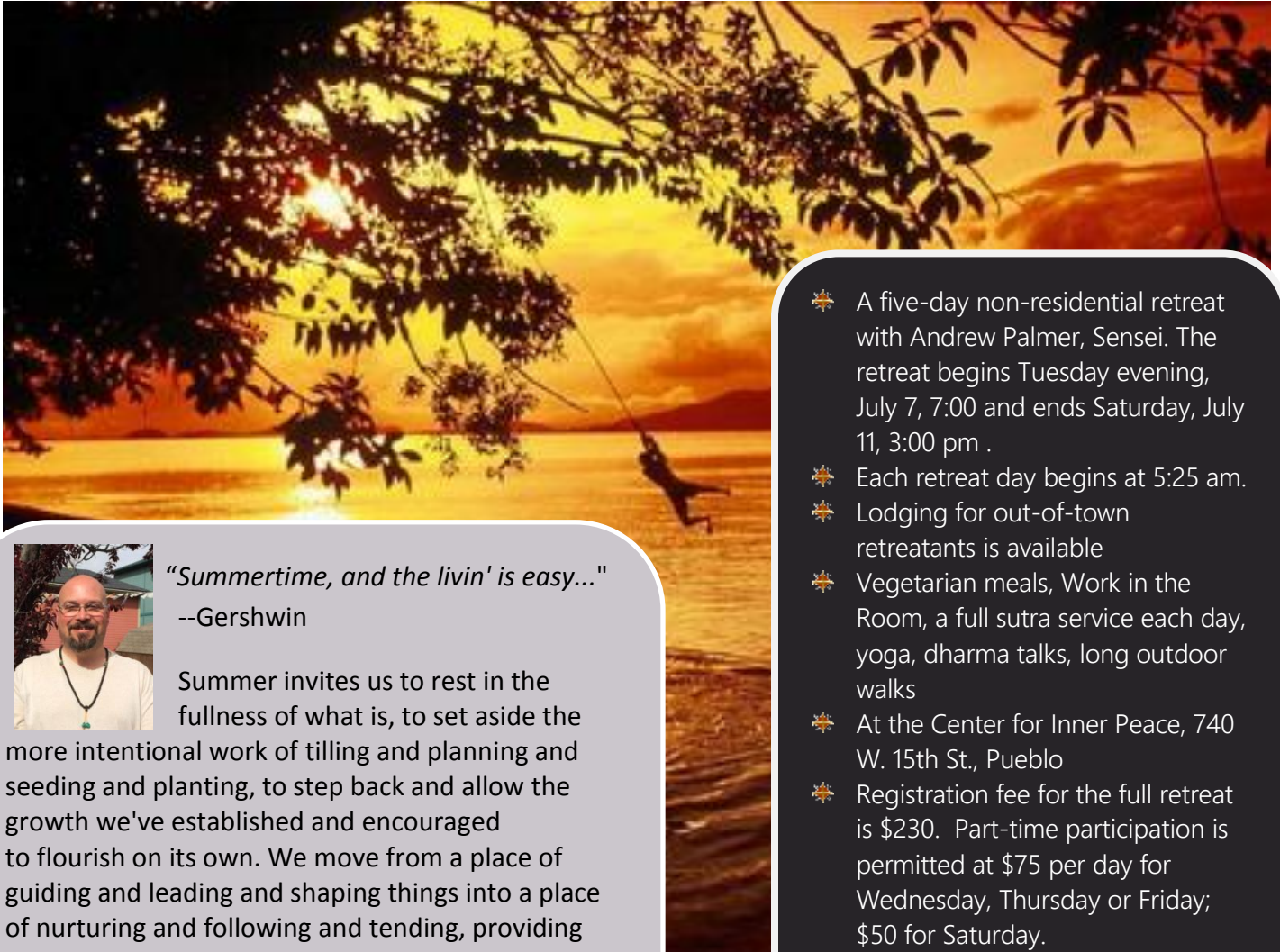
Summer Meditation Retreat

With Andrew Palmer, Sensei

Hosted by The Wet Mountain Sangha

Tuesday, July 7 through Saturday, July 11, 2015

Center for Inner Peace, 740 W. 15th St., Pueblo, CO



"Summertime, and the livin' is easy..."

--Gershwin

Summer invites us to rest in the fullness of what is, to set aside the more intentional work of tilling and planning and seeding and planting, to step back and allow the growth we've established and encouraged to flourish on its own. We move from a place of guiding and leading and shaping things into a place of nurturing and following and tending, providing what is needed when it is needed. A meditation retreat is much like this. We step away from the more active and intentional doings of our lives and abide more fully in the effortless, natural flow of life itself, meeting it intimately moment by moment. That current of life is always here and always accessible. A meditation retreat offers a rare, unique opportunity to connect with that flow directly and deeply so that we may know it for ourselves. So come be quiet and still for a time, rest in the fullness within and without, nourish and be nourished, find your place among the endless unfolding of it all.

- ✿ A five-day non-residential retreat with Andrew Palmer, Sensei. The retreat begins Tuesday evening, July 7, 7:00 and ends Saturday, July 11, 3:00 pm .
- ✿ Each retreat day begins at 5:25 am.
- ✿ Lodging for out-of-town retreatants is available
- ✿ Vegetarian meals, Work in the Room, a full sutra service each day, yoga, dharma talks, long outdoor walks
- ✿ At the Center for Inner Peace, 740 W. 15th St., Pueblo
- ✿ Registration fee for the full retreat is \$230. Part-time participation is permitted at \$75 per day for Wednesday, Thursday or Friday; \$50 for Saturday.
- ✿ Evening talks are open to everyone free of charge.
- ✿ Scholarships are available! Contact [Diane Mesner](#)

- ✿ For more information on the retreat, contact Diane Mesner, Registrar, 719 248-4285, or mesner3da@hotmail.com
- ✿ *Registration deadline is June 29, 2014.*
- ✿ *Learn more at* <http://www.wetmountainsangha.org>