

Living in the Heart of Awareness Cultivating the Power of Patience

A Non-residential Retreat with DaeJa Napier
February 21-23, 2020

***The Heart of Awareness Meditation Center
Guadalupe Victoria #101, Ajijic***

DaeJa Napier is a senior teacher in the Buddhist tradition of Insight Meditation (Vipassana). Her 50 years of practice and Dharma study have been guided by foremost Asian Dharma Masters and Joseph Goldstein, her Western mentor. She has dedicated her life to exploring the traditional pathways to awakening and their application in daily life. Her conveyance of the Buddhist teachings and related practices reflect the more than 5 decades of parenting five children while maintaining a formal practice. She currently lives in Ashland, Oregon.



Friday, Feb. 21	2:45-6 pm	Dharma talk & practice
Saturday, Feb. 22	10 am-12:30 pm	Dharma talk & practice
	12:30-1:30 pm	Brown bag lunch
	1:30-4 pm	Dharma talk & practice
Sunday, Feb. 23	9 am-12 pm	Practice, Dharma Talk & Closing Circle

This non-residential retreat will offer clear instructions and guidance in the cultivation of *Sati* (mindfulness) and the deep heartfelt practice of *Metta* (lovingkindness). The schedule will include sitting and walking meditation, an optional discussion group and a closing circle with time to reflect on the experience of the retreat.

All who attend can expect to leave the retreat with greater understanding of and confidence in the practice – in a way that can be maintained and applied in daily life and in formal practice.

Please commit to the entire retreat. The continuity of everyone's participation is essential to experience the most beneficial outcome from the retreat.

I have known DaeJa for more than forty years, and as one of her mentors, I have experienced her unwavering dedication to dharma study and practice. She has a clear, practical understanding of the Buddhist teachings and how to apply them in daily life. She responds to dharma students with intuitive precision and insight, guiding the unfolding of their meditative process both in Insight Meditation (Vipassana) and the boundless states of lovingkindness, compassion, appreciative-joy, and equanimity (the Brahma Vihara Meditations).

-Joseph Goldstein

Cost: \$500 pesos plus Dana for the teacher
Additional information and registration form on the reverse side, or visit
www.heartofawareness.org

Living in The Heart of Awareness

Cultivating the Power of Patience

February 21-23, 2020

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email address: _____ Phone: _____

Emergency contact name: _____ Phone: _____

Fee of \$500 pesos received by _____ date _____

Water and tea will be provided for the brown bag lunch on Saturday.

The registration fee does not include *Dana* (the Buddhist term for generosity) for the teacher. *Dana* will be presented to the teacher at the closing of the retreat. The teacher receives no other financial compensation.

Additional information will be provided along with confirmation of your registration.

Registration and payment deadline is Saturday, February 15th. Space is limited.

Completed registration forms and fees may be brought to the meditation center on Wednesdays between 3:30 and 4 pm, or other times by prior arrangement. Email contact@heartofawareness.org with questions.