

# Tranquil Abiding - Mountain Retreat

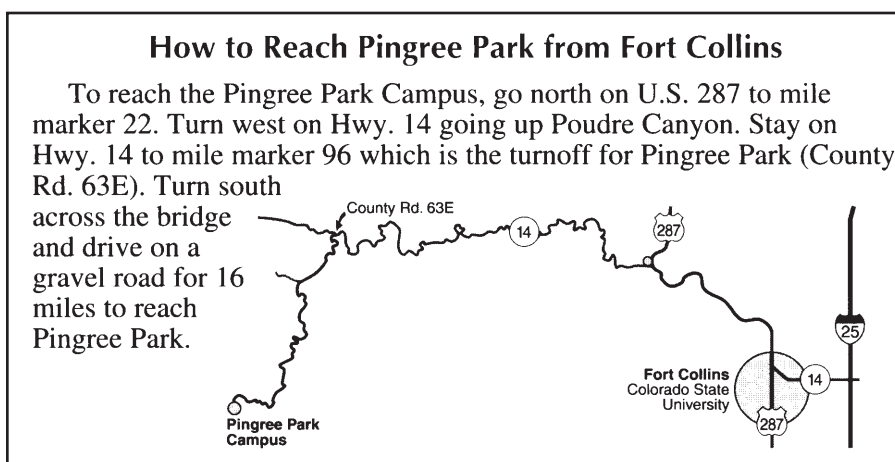
## A Meditation Retreat with Gen Kelsang Losel

Friday, June 19 - Sunday, June 21 at Pingree Park

By separating ourselves from our normal activities we gain physical and mental space from our distractions. This allows us to gain powerful focus in our meditations so that we can improve the quality of our minds and our lives. The focus of this year's retreat will be on developing the good heart of a Bodhisattva. A Bodhisattva is a friend of the world. Someone who loves and respects everyone and works for the benefit of all. Everyone is welcome to attend regardless of previous experience.

The Location: The 2009 mountain retreat will be held at the Pingree Park Campus, which lies in a beautiful mountain valley within sight of the Rocky Mountain National Park. All meals and accomodation will be provided on the Pingree Park Campus. To preregister, fill out the below registration form and mail it to the Center. Please preregister by April 15th.

Avalokiteshvara Buddhist Center  
1081 Marion St. Denver, CO 80218  
303 813 9551  
abcadmin@meditationincolorado.org  
www.meditationincolorado.org



### Tranquil Abiding ~ Mountain Retreat ~ Registration Form

(Please preregister - A limited number of spaces are available)

Please include at least a \$60 non-refundable deposit, per person, with your registration. Please register by April 15th. (If space becomes available after April 15, there will be an additional \$30 late registration fee.)

All prices for 2 nights and 6 vegetarian meals

Accommodation:

- Dorm \$194 per person without linens (bring linens or sleeping bag)
- Dorm \$202 per person with linens
- Double \$230 per person with linens  Single \$260 per person with linens
- I would like vegan meals (no extra charge)

Name \_\_\_\_\_ Tel (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Please enclose a check for the appropriate amount payable to Avalokiteshvara Center and send to 1081 Marion St. Denver, CO 80218. After registering you will receive a map and schedule via email.  Check here if you would like your map and sched. sent via mail. If you have special needs please contact the Center.

### Retreat Schedule

#### Friday June 19

5:30pm - 6:00pm Registration  
6:00pm - 7:00pm Evening Meal  
7:30pm - 9:00pm 1st Session

#### Saturday June 20

7:00am - 8:00am Breakfast  
8:30am - 10:00am 2nd Session  
11:00am - 12:30pm 3rd Session  
12:30pm - 1:30pm Lunch  
4:30pm - 6:00pm 4th Session  
6:00pm - 7:00pm Evening Meal  
7:30pm - 9:00pm 5th Session

#### Sunday June 21

7:00am - 8:00am Breakfast  
8:30am - 10:00am 6th Session  
11:00am - 12:30pm 7th Session  
12:30pm - 1:30pm Lunch