

# Tranquil Abiding - Mountain Retreat

Dear friend,

On June 19 we will all be heading up to the mountains to enjoy a wonderful weekend of meditation with Gen Kelsang Losel. Here's a map and a list of things to bring to help you prepare for your trip and to get to Pingree Park. If you have not paid the full amount for your accommodation, you may pay the remainder upon arrival at Pingree Park.

Feel free to contact the Center if you have any questions: 303 813 9551. If you are interested in carpooling please contact the Center. I look forward to seeing you on retreat.

Warm regards,

Mountain Retreat Coordinator

A few things you might like to know about the retreat

- The first session is an important introduction and meditation. Please make every effort to attend.
- On Saturday after the second session there is an opportunity to go on a hike. Pingree Park will provide a sack lunch if you wish to go on the hike.
- A refrigerator and an ice machine are in the North Dorm (where we will be staying) if you want to bring snacks or drinks.
- All of your meals are provided. If you are not going on the hike on Saturday, please try to get to lunch right after the session, because they stop serving lunch at 1:00pm.
- If you have any trouble getting to Pingree Park, please call (970) 881-2150 and the Pingree Park staff will give you directions. This is also the number you can be reached at if there is an emergency.

- You will be given your room number upon arrival.

Things you may want to bring

- Hiking boots and sunblock (if you are going on the hike)
- Water bottle
- Warm and light clothing (temperature may vary)
- Flashlight
- Raincoat or umbrella
- Toiletries
- Towel (Pingree Park has men's and women's showers)
- Sheets, blankets and a pillow case if you did not indicate linens on your registration.  
(If you registered for a Single or Double room, your bedding will be provided)
- You are welcome to bring your own meditation cushion if you prefer.
- Suggested book to bring: 'Joyful Path of Good Fortune' by Geshe Kelsang Gyatso

## 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