

# Emptiness - Mountain Retreat

## A Lamrim Meditation Retreat with Gen Kelsang Losel

Friday, June 18 - Sunday, June 20, 2010, at Pingree Park

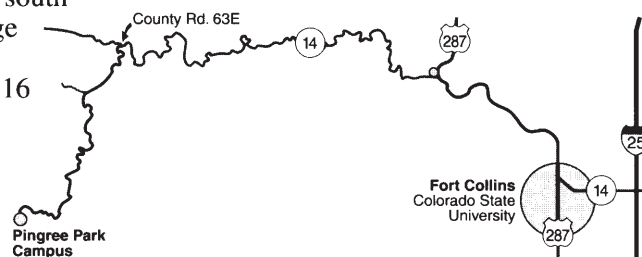
By separating ourselves from our normal activities we gain physical and mental space from our distractions. This allows us to gain powerful focus in our meditations so that we can improve the quality of our minds and our lives. The focus of this year's retreat will be on Emptiness ~ the ultimate nature of all phenomena. This profound wisdom permanently liberates us from samsara and suffering.

The Location: The 2010 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. You may preregister online using Pay Pal or by filling out the below registration form and mailing it to the Center. Please preregister by April 15 to assure space and avoid a late fee.

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

### How to Reach Pingree Park from Fort Collins

To reach the Pingree Park Campus, go north on U.S. 287 to mile marker 22. Turn west on Hwy. 14 going up Poudre Canyon. Stay on Hwy. 14 to mile marker 96 which is the turnoff for Pingree Park (County Rd. 63E). Turn south across the bridge and drive on a gravel road for 16 miles to reach Pingree Park.



### Emptiness ~ 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 15. (If space becomes available after April 15, there will be an additional \$30 late registration fee.)

All prices are for 2 nights and 6 vegetarian meals

Accomodation:

- Dorm \$198 per person without linens (bring linens or sleeping bag)
- Dorm \$206 per person with linens
- Double \$234 per person with linens  Single \$264 per person with linens

I would like vegan meals (no extra charge)

*please print clearly*

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. You may also register on our website through Pay Pal. After registering you will receive a confirmation by email. If you have special needs please contact the Center.

### Retreat Schedule

#### Friday June 18

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

#### Saturday June 19

- 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 20

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