



Save the Date June 14 – 23, 2024
Concentration and Insight:
A Buddhist Dharma and Vipassana Retreat

Retreat Teachers are Lucinda Green,
Matt Hane, and Ananda Marga Callender

The format of this silent retreat follows a fairly standard schedule of periods of meditation, walking, morning instruction in practices of concentration and insight, individual interviews, evening Dharma talks, and closing out the day with loving-kindness meditation.

Registration details will follow in a month or so. Keep your eye on the newsletter and RMI website. This retreat is expected to fill quickly. Feel free to sign up right away to ensure your place. For those of you coming from out of town and not driving, Groome Transportation is available from the Denver airport to Sunrise Ranch.

We welcome you with open arms and an open heart to deepen your practice, expand your insight, rest and rejuvenate in a beautiful environment and participate in this joyful sharing of the Dharma!

Location: in the beautiful setting of Sunrise Ranch in Loveland CO.
(Elevation: @ 5500 feet)