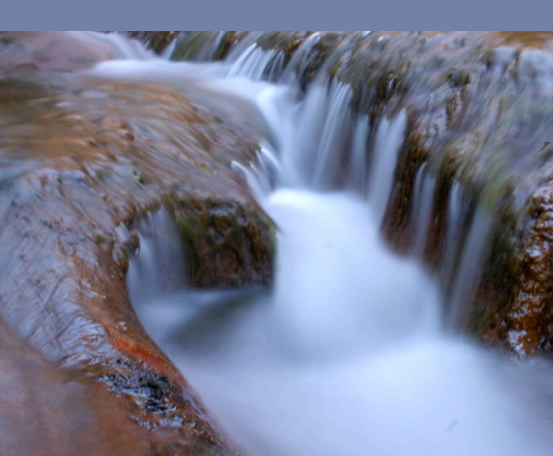

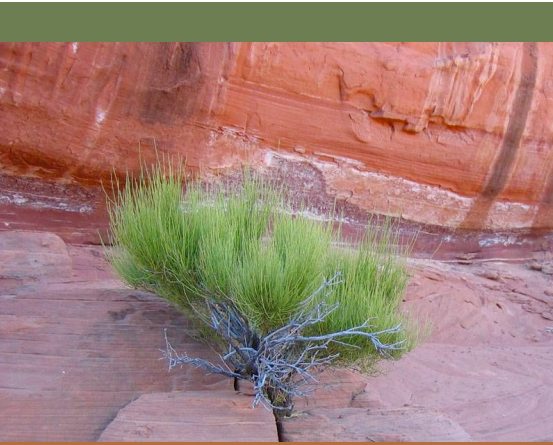


# A Wilderness Meditation Retreat in Canyon Country

The Rainbow Bridge Trail in Utah

With *Susie Harrington*, teacher

April 7-16, 2010



**E**xplore the power of a silent meditation retreat while immersed in the beauty and mystery of ancient Navajo canyon lands. In this unique opportunity we will participate in an age-old tradition of going into the natural world for support in spiritual practice and inquiry. Immersed in wilderness, we will use meditation practices to increase our receptivity to the interconnectedness and beauty that surrounds us. Through our enhanced openness and stillness of mind we have the opportunity to deeply explore ourselves and our true nature.

We will be backpacking through the sandstone canyons at the foot of Navajo Mountain, a sacred place to several indigenous peoples. We will hike with our supplies for several days, with up to 6 miles in a day. This retreat will offer a variety of sitting and walking meditation practices, Qigong sessions, and additional guidance through group interviews and individual meetings with the teacher. This is a Buddhist Insight Meditation retreat. It will be held in silence and will require a commitment by participants to this practice.

We will begin and end the retreat in the town of Page, in northern Arizona. Participants will need to be able to carry their equipment as well as group food & equipment. All food and group supplies will be provided; participants will need to bring their own tent, pad, sleeping bag, backpack, boots, etc. You will receive a detailed list when registered. Each person will be asked to help with camp tasks with a yogi responsibility.

**For additional information and registration:**

Contact **Bowe Ellis** at 575-779-2111 | [www.skymindretreats.org](http://www.skymindretreats.org)

**SUSIE HARRINGTON** will be dharma teacher on this retreat. Susie has been practicing meditation since 1989, primarily within the Insight meditation Buddhist tradition. She has been teaching since 2005 under the direction of her teachers – Guy Armstrong, Jack Kornfield, and Tory Capron. She has led wilderness trips for 30 years.

**BOWE ELLIS** will be trip guide. He brings over ten years of wilderness and guiding experience, as well as his devotion to Buddhist and Nature-based practice.

This retreat is offered by  
**Sky Mind Retreats**

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Scholarships gifted by the  
**Golden Bowl Foundation**

**SLIDING SCALE:** \$525 – \$415.

Scholarships are available. This expense covers only the direct costs of the retreat (boat/car shuttle, food, and permits).

In accordance with the tradition of freely offering the teachings of the Buddha, Susie as well as Bowe (trail guide) and Jenn (cook) are providing this retreat as an act of generosity. Support from participants allows them to continue to support the dharma. At the end of the retreat there will be an opportunity to contribute financial support to the trip coordinators.