



*“Letting Go and Opening to Presence”
New Year’s Retreat
December 30th to January 1st
15 Columbia Road, Colorado Springs*

*You are welcome to attend all or part of the retreat.
Please contact *Ayya Dhammadhira** to let her know which
sessions you would like to attend.*

Wednesday Dec. 30th	Morning Session, 9-12 am	Welcome and Introduction, Sitting and Walking Meditation (walk in the Garden of the Gods, weather permitting)
	Lunch break 12-2 pm	Potluck: Bring something to put in the stew pot or on the table
	Afternoon Session, 2-5 pm	Creating a Mandala for 2016, a collaborative art project, followed by mindful movement. All ages welcome
	Tea, 5-6 pm	soup provided, bring snacks to share
	Evening Session, 6-9 pm	Chanting/Song followed by meditation and Dharma reflection
Thursday Dec. 31st	Morning Session, 9-12 am	Sitting and walking meditation followed by Dharma contemplation
	Lunch break 12-2 pm	Potluck: Bring something to put in the stew pot or on the table
	Afternoon Session, 2-5 pm	“Entering Silence”, an introduction to the contemplative practices of different wisdom traditions
	Tea, 5-6 pm	soup provided, bring snacks to share
	Evening Session, 6-9 pm	Chanting/Song followed by meditation, Dharma reflections and letting go ceremony.
	Meditation vigil, 9pm-midnight	Optional, for those who wish to enter the new year in silence
Friday January 1st	Morning Session, 9-12 am	Sitting and walking meditation followed by Dharma contemplation
	Lunch break 12-2 pm	Potluck: Bring something to put in the stew pot or on the table
	Afternoon Session, 2-5 pm	Mindful movement followed by Interactive Inquiry
	Tea, 5-6 pm	Soup provided. Bring snacks to share

** For more information, directions and to reserve your space, contact *Ayya Dhammadhira* at dhammadhira@gmail.com or call 909-257-1021. There is no set cost for this retreat. It is offered on a donation basis.*