



stone circles at The Stone House is pleased to co-present:

Mindfulness and Justice **a 5-day Silent Meditation Retreat** **led by Cheri Maples with La Sarmiento**

June 20 – 24, 2012
at The Stone House in Mebane, NC

Experience “**Thaypassana**,” a powerful synthesis of the Thich Nhat Hanh and Vipassana meditation traditions. **Mindfulness** provides the ability to be at greater ease with life’s ups and downs. The practice of mindfulness reawakens our **capacity** to live more fully in our experience, recognizing each thought, each thing, for what it is – with **tenderness**.

- Explore how to maintain equilibrium while working for social justice
- Sitting and walking meditation, guided meditation, metta practice and instruction are just a few examples of what will be offered during this retreat
- Both individual and community practice will be utilized

The retreat is appropriate for people at all experience levels.

details:

The fee is a sliding scale of \$300 - \$500 and covers meals, indoor housing, and materials. Lower-cost camping options and partial scholarships are also available. In keeping with tradition, participants will have the opportunity to offer "dana" or generosity for the teachings at the end of the retreat, to support the teachers and manager in continuing to freely offer and make the teachings accessible to all who seek them. The retreat will be held at **The Stone House**, a center for spiritual life and strategic action on 70 acres in Mebane, NC. The retreat begins on the 20th with dinner and ends on the 24th after lunch.

for more information, see registration info on the next page and/or:
please call La Sarmiento at 202.997.1399
email la_sarmiento@yahoo.com or go to www.stonecircles.org

dharma teachers:



Cheri Maples was ordained a dharma teacher in 2008 by Zen Master & peace activist Thich Nhat Hanh, her long-time spiritual teacher. Cheri has incorporated her 25-year career in the criminal justice system, as well as her background as an active community organizer, into her mindfulness practice. Her teachings focus on helping people manage the emotional effects of their work while maintaining an open heart and healthy boundaries. Cheri is a former Assistant Attorney General, Head of Probation & Parole, and police officer in Wisconsin, as well as the former Executive Director of the Wisconsin Coalition Against Domestic Violence.



La Sarmiento has been practicing Vipassana meditation and has been a member of the Insight Meditation Community of Washington (IMCW) since 1998. La is the teacher/leader of the People of Color and LGBTQ sanghas, the producer of diverse dharma offerings, and the senior retreat manager for IMCW. She has led three Soul Sanctuary Retreats for Activists at The Stone House and is currently in the Community Dharma Leader Program at Spirit Rock Meditation Center in Woodacre, CA. La is committed to making the dharma accessible to all who seek it. She is a bodyworker and Reiki teacher in private practice in Washington, DC.



stone circles at The Stone House is a center for spiritual life and strategic action located in Mebane, NC. Learn more at www.stonecircles.org. In adherence with the social justice values of stone circles, we strongly encourage the participation of people of color and will give them priority for 50% of the spaces available. \$75 deposit is required to reserve your space. Lower-cost camping options are available.

Space is limited to 20 retreatants. Please register now, as this retreat will fill very quickly! For more information or to apply for a scholarship, contact La at 202.997.1399 or la_sarmiento@yahoo.com.

To register, please send this form and your \$75 deposit check (payable to "stone circles") to:
La Sarmiento, 1840 Mintwood Place, NW #104, Washington, DC 20009
An e-mail and letter will be sent to confirm receipt of your deposit and registration.

CANCELLATION POLICY: If you cancel more than four weeks before the start of the retreat, your deposit will be refunded minus a \$30 administrative fee. We cannot offer refunds for cancellations made less than four weeks before the retreat unless we are able to fill your space. If we are able to fill your space, the administrative fee will be \$30 and the balance will be refunded. There is no refund if you decide to leave the retreat early. Please contact La Sarmiento at la_sarmiento@yahoo.com or 202.997.1399 to cancel.

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YES, I would like to attend the "Mindfulness & Justice" Retreat from June 20 – 24, 2012!

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

EMAIL: _____ PHONE _____

Registration Fee (\$300 – \$500: please pay at the highest level you can afford): \$ _____
Includes overnight lodging, meals and materials. Lower-cost camping options are available.

stone circles has a Scholarship Fund for persons who might otherwise not be able to attend the retreat. If you would like to make this tax-deductible contribution, please add the donation to your deposit check and indicate the amount you are offering below.

Donation to the Scholarship Fund (optional): \$ _____

Registration Deposit for Retreat: + \$ 75.00

TOTAL Enclosed (Check payable to stone circles) \$ _____ *Or you may pay online at www.stonecircles.org

Please check all that apply:

This is my first meditation retreat. I snore. I have special needs. (Please describe in detail – e.g., dietary restrictions, sleep disorders, chemical sensitivities, assistive listening device, etc...)

stone circles is working to make the Dharma accessible to all and to create more welcoming and inclusive sangha. If you would like to support this effort by helping us track our progress, please check all that apply below (this information is strictly confidential and will be used for survey purposes only):

A person of color, and/or Gay/Lesbian/Bisexual/Trans-gender/Questioning and/or
 A household earning \$40k per year or less. _____ Age