



DIAMOND APPROACH[®] MEDITATION RETREAT

With
Eugene Cash and Sandra Maitri

February 20 - 26, 2017

Santa Sabina Retreat Center, San Rafael, California

This meditation retreat is an opportunity to immerse oneself in an extended period of silent meditation informed by the Diamond Approach[®]. This stretch of time, unencumbered by our usual concerns, allows us to devote ourselves to practice and to invite direct contact with Being and Presence. A central principle of the Diamond Approach is that when we contact ourselves in a felt-sensed way, we open the door to direct experience of our reality as essential. The fundamental practices of the Diamond Approach are designed to facilitate the radical shift to an intimacy with the totality of our experience spanning personality and Essence. This retreat will support your connection to yourself and to these practices, integrating and deepening of the sensing, looking and listening practice and your meditation practice—developing concentration, awareness and presence in an on-going way.

The daily schedule includes sitting, walking, and eating meditation as well as the practice of presence in all activities. There will be meditation instruction, yoga, practice meeting with teachers and nightly talks.

Check in will begin at 3:00 pm on Monday, February 20, 2017. Supper is at 6:00 pm, and the formal opening will begin at 7:30 pm. The retreat will end on Sunday, February 26, 2017 at 12:00 pm. The cost of room and board will be \$900

for a single room, \$780 for a double and \$588 for commuters. The teaching fee is \$275. If you are unable to pay in full by November 1, you may hold a room with a non-refundable deposit of \$50 due by December 1. Final payment is due by December 19. After December 21, refunds (minus your deposit) will be made only if your space is filled by someone else. Space is limited and single rooms fill up quickly, as does this retreat in general, so please register as soon as possible. All students in the Ridhwan School are welcome to attend. If you have a medical/physical condition requiring a single room, a set number of single rooms will be reserved until September 30, 2016. Please indicate your medical/physical condition on your reservation form below.

Teachers

Sandra Maitri is a longtime teacher of the Diamond Approach. She leads Ridhwan groups in the Bay Area and the United Kingdom. Her background includes extensive meditation in the Theravadin and Tibetan Buddhist traditions.

Eugene Cash is a Ridhwan teacher and co-leads Diamond Heart Eight. He is also a Buddhist teacher, the founder of San Francisco Insight and a member of the Spirit Rock Teacher Council.

2017 SILENT RETREAT REGISTRATION

Name: _____ Ridhwan group or teacher: _____

Address: _____ e-mail address: _____

Telephone: _____ Deposit enclosed: _____ Date: _____

Have you participated in a silent meditation retreat? _____ If yes, what kind: _____

Do you want a single or double room? _____ Single _____ Double

If a double, and if you have chosen, who is your roommate? _____

Physical/Medical need for single room: _____

Please check if you are: Vegetarian _____ Vegan _____ Other Food Concerns _____

Make your check payable to **Maitrayana Inc.** and mail it with this form to:

Betsy Ginkel - betsy@ridhwan.org 707.322.1457 Mail payments to: PO Box 2779, Petaluma, CA

94953 Logistics information letter will be sent closer to the time of the retreat.