



Prescott Insight Meditation

Freeing the Heart & Mind Through Presence & Generosity

A Seven-day Residential Insight Meditation Retreat
Taught by Brian Lesage
May 5-11, 2019 – Juniper Well Ranch

A week-long retreat fully supported through generosity

This retreat, which is offered through the generosity of others, will focus on cultivating an embodied quality of presence as a way of bringing a deeper sense of freedom and contentment into our lives. Join us for this opportunity to explore the power of mindfulness through silent sitting and walking meditation fully immersed in a silent retreat setting for seven days. In silence we have the space to delve deeply inward and learn to skillfully place the intention to be present with the flow of experience in a way that allows compassion and wisdom to arise. This retreat is designed for beginners and experienced practitioners.

Dana

There is no fee for this retreat. The teachings of the Buddha have been sustained by the ancient tradition of *dana*, a Pali word meaning “generosity”. We follow the 2,500 year-old tradition of offering the Dharma freely so that the teachings are available to anyone regardless of financial means. Our teacher receives no compensation and will be offering his teachings freely so that the Buddha’s teachings may continue to be available to all. In turn, we offer a gift in gratitude. In the act of giving, we develop our ability to let go, cultivate a spirit of caring, and honor our inter-connectedness.

Insight Meditation

Insight meditation (*Vipassana*) is the practice of moment-to-moment mindfulness. Through careful and sustained attention to the present moment we experience for ourselves the ever-changing flow of the mind-body process. Having this awareness we gain insight, compassion and true happiness.

Our Teacher

Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma.



Registration will be open February 1 through March 11, 2019

The names of registrants will be drawn in a lottery, and those not selected will be placed on a waiting list. When you register, save the date on your calendar!

Please Donate in Advance

To donate and register online go to: www.PrescottInsightMeditation.org/Retreats
If you don't have internet, or to donate by check, call 928-499-8011

Details

Additional information about the retreat, including the location and what to bring, will be provided to all participants who are selected to attend the retreat.