



Explorations as an Embodied Experience Buddhist Retreat in Sandbridge, VA

December 19-30, 2018

Buddhist Meditation, Community, Zapchen,
Qigong, Dreamwork, Nourishing food
and the Magic of the Ocean

Noble silence will be observed as much as possible, talking only when part of group discussion. There will be opportunities for discussion, to ask questions and check in during Zapchen, Dreamtime, and privately with Janet or Kirby.

Room and Board: \$350 for 10 days or \$50 a night

Sponsored by the Charlottesville Ratna Shri Sangha

Janet Evergreen has been guiding beautiful, safe and potent meditation and healing arts retreats at the beach for over 25 years. For more information visit her website www.janetevergreen.com.

Kirby Moore embodies emotional awareness and models kindness to self on a daily basis. He has lead healing arts classes for over 10 years. For more information email mkirbymoore@gmail.com and visit <https://astrodharma.me>

Times to Arrive and receive orientation:

December 19th : Lunch - 2pm

December 26th : 8am-10am or 12pm-1pm

Times to Depart and have closing support:

December 23 : after 12pm

December 24 : 8am-10am or 12pm-2pm

December 30 : after 2pm

Other times possible, let us know your need.

Closest airport is Norfolk, VA.

These teachings are offered on a donation basis. Donations will be sent to INEPE School, an inspirational holistic, spiritual and cultural center for children of the barrios in South Quito, Ecuador.

Checks can be made out to Open Hands with INEPE in memo, and are tax-deductible.

Reference books:

The Lover Within by Julie Henderson

Right Concentration by Leigh Brasington

We will follow the schedule as on website.

Participants can choose all or parts of the days to participate in group practice.

See the house at: <https://www.siebert-realty.com/sandbridge/z-mar/>

To Register contact

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