

# Return of the Light

## Rooted and Rested Down

Wednesday December 29, 2021-Saturday January 8, 2022  
Orientation 6pm Tuesday, Dec 28



### Spanish/English Buddhist Meditation Retreat

#### Qigong, Anapanasati Meditation and Dreamwork

We will meet on Zoom 3 times a day  
Sponsored by Charlottesville Ratna Shri Sangha



Janet Evergreen has been guiding beautiful, meditation and healing arts retreats for over 30 years. For more information call (434) 906.4181 or visit [janetevergreen.com](http://janetevergreen.com).



Jay DeMaio guides Qigong as a gentle, internal awareness experience of "feeling and healing". He offers in person and live streamed, small-group classes. For more information call (434) 882.1437 or visit [jaydemaio.com](http://jaydemaio.com).

## Three Zoom Sessions Daily

Session 1 Qigong	8:00am - 9:30am
Session 2 Anapanasati	3:30pm - 5:30pm
Session 3 DreamTime	7:30pm - 9:00pm

For more info and registration form see [Janetevergreen.com](http://Janetevergreen.com) [meditation page](#)

To register, email [tlograsso26@gmail.com](mailto:tlograsso26@gmail.com)

Register for the first five days Wednesday Dec 29- Sunday Jan 2  
or all 10 days Wednesday Dec 29-Saturday Jan 8  
Orientation: for everyone 6pm Tuesday Dec 28  
Tsok and Completions: for everyone 9am Saturday Jan 8

Let us know which sessions you will attend  
Your completed registration form is needed to confirm your attendance

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. See [Janet's website for more info about INEPE](#) and use PayPal or send checks made out to Open Hands (with INEPE in memo). Donations are tax-deductible.

Reference books:

*White Sail* by Thinley Norbu

*Under the Bodhi Tree* by Buddhadasa Bhikkhu translated/edited by Santikaro

*Right Concentration: A Practical Guide to the Jhanas* by Leigh Brasington



[www.janetevergreen.com](http://www.janetevergreen.com)