

Embracing the Mystery

Spanish/English Buddhist Meditation Retreat



Wednesday Dec 28, 2022 - Friday Jan 6, 2023

Orientation 6pm Tuesday, Dec 27

Closing Ceremony and Tsok 9am Saturday, Jan 7

Qigong, Anapanasati Meditation and DreamTime

Facilitated by Janet Evergreen, Jay Demaio, and Dani Holguin



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.



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.



Dani Holguin, Yoga teacher, has been sitting, moving and translating during retreats, with an open heart to serve others as bridge between cultures, to inner health and spiritual connection. To get in touch (+593) 999901466 (# Ecuador) or danitukuyalli@gmail.com

Sponsored by Charlottesville Ratna Shri Sangha

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

To register, email Amanda awwags@gmail.com let us know which sessions you will attend
Your completed registration form is needed to confirm your attendance

Register for the first five days Wednesday Dec 28- Sunday Jan 1

or all 10 days Wednesday Dec 28-Friday Jan 6

Orientation: for everyone 6pm Tuesday Dec 27

Tsok and Completions: for everyone 9am Saturday Jan 7

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:

Zen and the Art of Saving the Planet by Thich Nhat Hanh

Mindfulness With Breathing : A Manual for Serious Beginners

by Buddhadasa Bhikkhu (Author), Santikaro Bhikkhu (Translator)

Seeing with the Eye of Dhamma: The Comprehensive Teaching of Buddhadasa Bhikkhu

by Buddhadasa Bhikkhu (Author), Santikaro (Editor, Translator)

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



For more info and registration form see [meditation page](#)

www.janetevergreen.com