

Resting Down

as Primordial Ocean, Stable Mountain, Flowing Streams



Spanish/English Buddhist Meditation Retreat Wednesday Dec 27, 2023 - Friday Jan 5, 2024

Orientation 6pm Tuesday, Dec 26

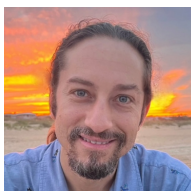
Closing Ceremony and Tsok 9am Saturday, Jan 6

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 please visit jaydemaio.com or email jaydemaio77@gmail.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 Community Meditation and INEPE School

Three Zoom Sessions Daily (Eastern Time US)

Session 1 Qigong 8:00am - 9:30am

Session 2 Anapanasati 3:30pm - 5:30pm

Session 3 DreamTime 7:00pm - 8:30pm

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 27- Sunday Dec 31

or all 10 days Wednesday Dec 27-Friday Jan 5

Orientation: for everyone 6pm Tuesday Dec 26

Tsok and Completions: for everyone 9am Saturday Jan 6

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)
- *Heartwood of the Bodhi Tree: The Buddha's Teaching on Voidness*
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