



Walking in Their Footsteps: The Lives of the Buddha and Yasodhara

Larry Yang, Pamela Weiss



Larry Yang is a longtime meditator trained as a psychotherapist and is very interested in creating access to the dharma for communities who have felt the experience of exclusion or difference. Larry is a teacher at the East Bay Meditation Center in Oakland, CA and has completed teacher-training with Jack Kornfield.



Pamela Weiss is a meditation teacher and professional coach. She has practiced Buddhism for over 20 years, including several years of Zen monastic training, and is currently a teacher in training with Jack Kornfield at Spirit Rock.

7 nights

Tuesday, June 14 - Tuesday, June 21

upper Walking Hall

This retreat will follow the archetypal heroine/hero's journey lived by the Buddha and his wife, Yasodhara, as it relates to our contemporary life.

It will be a traditional Vipassana retreat, alternating periods of silent sitting and walking, with meditation instruction, dharma talks and meetings with the teachers.

Each day will include teachings from the lives of Yasodhara and the Buddha, and contemplations on how their stories can serve to guide our own spiritual path.

Ritual space marking the opening and closing of the retreat will include reflection and creative expression, and will initiate our entry into the universal journey of human awakening.



Cost \$1030 - \$435, sliding scale. **Registration will open on Feb 14, 2011.**

To register for this retreat, please visit www.spiritrock.org, and go to the Calendar section.

As part of your registration process, please read the following: **About the Retreat, Financial Aid and Travel Information** on our website. Also remember that the cost above is priced as a sliding scale. Please pay at the highest level of the sliding scale that you can afford. This allows others who need to pay less the opportunity to attend. Fee is for room and board. Teaching and staffing of the retreats is by donation at the end of the retreat. For more information, see **Retreat FAQ** on our website.

Spirit Rock Meditation Center is dedicated to the teachings of the Buddha as presented in the Theravada vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.