

Exploring the Interpersonal Realm through Stillness & Movement

A Vipassana Retreat with Mindful Movement



Saturday, December 14th and Sunday, December 15th

Prescott, AZ

This retreat will be an opportunity to explore connecting with our own internal experience as well as connecting with others within the context of silence. It will consist of cultivating a basis of mindfulness through sitting & walking meditation as well as doing a variety of interactive mindful movement exercises. There will also be times for discussion to process our experiences. Through this exploration we will learn to connect more deeply with ourselves and others. The retreat is designed for beginners and experienced practitioners alike.

This 2 day retreat will mostly be in Silence and will include meditation and mindful movement exercises. There will also be discussion time. Saturday 9 – 5, Sunday 9 – 3:30.

There is NO FEE for this retreat. The teachings of the Buddha have been sustained by the 2,500 year old tradition of Dana, a Pali word meaning "generosity." Retreatants may offer donations to the teachers at the retreat's end.

Registration is required. To register send the registration form via e-mail to Pam:

openhart@cableone.net

For more information contact Delisa at:

delisa.myles@gmail.com or 928-713-5367



Delisa Myles has been exploring and teaching dance as a performing and healing art for the last twenty-five years. She has been central in developing the dance program at Prescott College since 1994. She is a regular meditator and has a

special interest in combining awareness practices with interactive movement explorations. See delisamyles.com for further info.



Brian Lesage has practiced Buddhist meditation since 1989 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. He leads retreats and

teaches meditation courses nationwide.

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Registration and Information

Saturday December 14th, 9am -5pm and Sunday December 15th, 9am –3:30pm

Name: _____ Email: _____

Address: _____ City: _____ State: _____

Telephone: _____

Please describe your meditation experience:

Do you have any physical limitations or psychological stressors currently in your life that could make the weekend challenging? Yes No

If yes, please explain:

Please list any special needs or requests: _____

Emergency contact name and phone: _____

____ I need place to stay Friday and /or Saturday night

____ I am able to provide a place for someone from out of town to stay

We will be sending out driving directions to those that have registered for the retreat about one week before the retreat begins.

What to bring: You should include something comfortable to sit on for indoor meditation such as a sitting cushion or folding chair. Also be sure to bring a jacket or windbreaker for possible outdoor walking as well as a sack lunch for each day.

Noble Silence: The retreat will have times of silence to help cultivate mindful awareness. In order to support the silence in the sitting and walking meditation periods, please don't use computers, books, music players, etc., and plan on refraining from speaking, reading or writing during those times of the retreat.

Participant Waiver: I understand that I am wholly responsible for my health and safety for the duration of the retreat, from its advent to close, and hereby waive and hold harmless Delisa Myles and Brian Lesage from any liability whatsoever resulting from my participation. I understand walking, driving, weather and mindful movement pose certain risks, and agree not to hold Delisa Myles and Brian Lesage responsible or liable in the event of any accident, illness (mental or physical), loss of personal belongings, physical injury or emotional distress resulting from my participation in this retreat. I understand that I am fully responsible for obtaining any necessary medical treatment should any accident, illness or discomfort arise on the retreat.

Signature: _____ Date: _____