

Calming the Restless Mind with Howie Cohn



Meditation and Public Talk

Friday, March 2 7:00pm – 8:30pm

No Preregistration Required

Donation Requested

Trinity United Method Church

Non-Residential Retreat

Sat March 3 9am - 5pm

Sun March 4 9am- 3pm

Still Waters Retreat Center

9409 Granada Hills Drive, Austin, TX 78737

Sliding Scale \$10-\$50 Registration Fee

Register online [here](#)

Sponsored by Mariposa Sangha

THE THEME Happiness grows from cultivating wisdom and compassion for ourselves and others in our daily lives. This retreat will explore the Buddha's practical, clear and inspiring map of awakening wisdom and compassion in our hearts and minds. Practicing Insight Meditation and Lovingkindness turns our hearts and minds from ill will to kindness, from clinging to freedom, from confusion to clarity, and from tension to relaxation. There will be opportunities for practice discussions with the teacher. This retreat is suitable for new and experienced meditators.

VIPASSANA MEDITATION (also known as Insight or Mindfulness meditation) is a simple and direct practice -- the moment-to-moment investigation of the mind / body process through calm and focused awareness. The practice originates in the Theravada tradition of the teachings of the Buddha. Learning to observe experience from a place of stillness enables one to relate to life with less fear and clinging. Seeing life as a constantly changing process, one begins to accept pleasure, pain, fear, joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise. This nonresidential retreat is suitable for beginning and experienced meditators. Sitting and walking meditation sessions are alternated.

THE TEACHER is Howard Cohn, a founding teacher of Spirit Rock Meditation Center in the San Francisco Bay area. He has guided a local sitting group in San Francisco, been in private practice as

a psychotherapist and led Vipassana retreats worldwide since 1985. He incorporates the influences of Theravada, Zen, Tibetan Dzogchen and Advaita Vedanta in his teaching, with an emphasis on reawakening our intrinsic freedom. Among his many teachers and mentors are Jack Kornfield, Joseph Goldstein, U Pandita Sayadaw, Tulku Urgyen Rimpoche, Tsoknyi Rimpoche, and the Advaita Vedanta Master H.W.L. Poonja.

RETREAT REGISTRATION FEE: Mariposa Sangha is offering this retreat at a sliding scale ranging from \$10 to \$50, so that anyone who is interested may attend. Please pay according to your means. The \$50 fee helps cover teacher's travel and space usage.

DANA: Voluntary donations (dana) for the teachings may be given at the end of the retreat. Dana is the Pali word for generosity. From the days of the Buddha, the teachings have been offered freely. Today, teacher support continues to come from students' voluntary contributions (dana).

WHAT TO BRING: A sun hat, sunscreen, a bag lunch and a water bottle. We will not provide food. Bring a cushion and blanket or mat if you wish to sit on the floor. We will have chairs available.

RETREAT REGISTRATION: Space is limited, so advance registration is requested for the retreat. For information, contact Carolyn Kelley at carolyn@ckla.net or 512-627-0431.

The teacher requests that attendees commit to attending both days. One day registration is not available.

All registration is online, whether you pay online or by check. Below is the registration form if mailing in a check. Go [here](#) to register online first and send in the form with payment.

Confirmations will be sent to registrants via email after payment is received.

**MAIL IN RETREAT REGISTRATION FOR
March 3 AND 4, 2018 HOWIE COHN
NON-RESIDENTIAL RETREAT**

If paying by check, please register online and then send this form and a check payable to "Mariposa Sangha" to:

Connie Shortes
3412 Westside Cove
Austin, Tx 78731

Retreat Registration Form

Name: _____

Email: _____

Phone: _____

City: _____

Amount paid: _____

Meditation Experience:

None 2 years 5 years 10 plus years

How did you hear about this retreat? (circle all that apply)

- Mariposa Sangha Email or Thursday night sitting
- Mariposa Sangha Website
- Mariposa Sangha Facebook page
- Facebook announcement
- A friend
- Insight Timer group announcement