

The Cultivation of Respect & Humbleness:  
Day-Long Meditation with Ralph Steele

Sunday Sept 16th

9am to 4:45pm

Location: Copper Mountain Institute

Cost: Donation \$0 to \$99

This seven hours and forty-five minutes retreat will include choices in individual walking, sitting, standing meditation practice, simple chanting, discussion, and lunch.

Participants are encouraged to do their own practice, supported by insight and various forms of breath meditation.

The schedule of this Day-Long is diversified to accommodate all meditation lineages.

It's also design to support new, beginners (up to 1,000 hrs) of meditation practice, intermediate (5,000 hrs), advanced (10,000 hrs), and old practitioners.

**9am to 11:30am - Practice Period**

- 9:00am to 9:30am -Meditation Practice (walking, sitting, lying & standing)
- 9:30am to 11:00am - Meditation Practice (walking, sitting, lying & standing)
- 11:00am to 11:30am - Meditation Practice (walking, sitting, lying & standing)
- 11:30am to 12:00am - Dharma Talk "Race In Our Buddhist Sangha"

12:00am to 12:30am - Discussion, Questions & Responses

12:30pm to 2:00pm - Lunch -Bring a dish to share. Vegetarian Soup will be Provided

**2pm to 4:00pm - Practice Period**

- 2:00pm to 2:30pm - Meditation Practice (walking, sitting, lying & standing)
- 2:30pm to 3:15pm - Meditation Practice (walking, sitting, lying & standing)
- 3:15pm to 4:00pm - Meditation Practice (walking, sitting, lying & standing)

4:00pm to 4:45pm - Discussion, Questions & Responses

Please bring your own meditation supplies.