

**Cultivating Respect: *Race in the Buddhist Sangha*
Day-Long Meditation working with Subtle Energy
with Ralph Steele**

When: Sunday Nov 11, 2018
Time: 9:00am to 4:45pm
Location: Copper Mountain Institute
286 Ranchitos Rd.
Corrales, NM 87048
Cost: By Donation

This retreat includes walking, sitting, and standing meditation practice, simple chanting, discussion, and lunch. Participants are encouraged to engage in their own practice, supported by various meditations methodologies.

The schedule of this Day-Long accommodates all meditation lineages. It's also designed to support beginners (up to 1,000 hrs), intermediate (5,000 hrs), and advanced practitioners (10,000 hrs).

Practice Period.....9am to 11:30

Meditation Practice (walking, sitting, lying & standing).....9am to 9:30

Meditation Practice (walking, sitting, lying & standing).....9:30 to 11:00

Meditation Practice (walking, sitting, lying & standing).....11:00 to 11:30

Dharma Talk "*Race In Our Buddhist Sangha*".....11:30 to 12:00

Discussion, Q & A.....12:00 to 12:30

Pot Luck with Vegetarian Soup Provided.....12:30 to 2:00

Practice Period.....2pm to 4:00pm

Meditation Practice (walking, sitting, lying & standing).....2pm to 2:30

Meditation Practice (walking, sitting, lying & standing).....2:30 to 3:15

Meditation Practice (walking, sitting, lying & standing).....3:15 to 4:00

Discussion, Q & A.....4:00 to 4:45

Space is Limited

Second of a Series of Three

For Registration & Information
Copper Mountain Institute 505-898-4344
Life Transition Meditation Center 505-982-4183