



# Meditation Week Retreat

## EXPLORING THE INNER AND OUTER WORLD

**Teacher: Sasha Loring**

**June 15-21, 2019**

**Durham Shambhala Center**

As humans we make many assumptions about the nature of our self. Meditation helps clarify those assumptions and thereby begins the process of reducing the suffering brought about by falsely held notions. Additionally, we project our misapprehensions onto the world and create unnecessary struggles with grasping and clinging. Investigating this is the study of emptiness, which is a core part of the Buddhist path (recent research shows that meditating on emptiness led to a significant decrease in negative emotions). This retreat will integrate meditation with a series of guided experiences that will reveal usually hidden aspects of our motivation and actions, and will lead to a more insightful and relaxed relationship with ourselves, others and the world.

Participants are expected to attend all sessions and to study materials provided each evening. There will be several days of silence. If you can make a full commitment to these guidelines, please join this opportunity to deepen your shamatha/vipassana practice and to allow your basic goodness to fully shine.

**Sasha Loring** has taught meditation for over 30 years, and has studied the teachings on emptiness with meditation master Khenpo Tsultrim Gyamtso, Rinpoche. She currently teaches the Mindfulness Based Stress Reduction program, and leads Buddhist workshops and retreats.

The program is open to anyone with an established meditation practice.

**Cost:** \$400

**Schedule:** 8:30-5:00 daily. Vegetarian lunch and tea snack is provided.

**Registration:** [durham.shambhala.org](http://durham.shambhala.org)