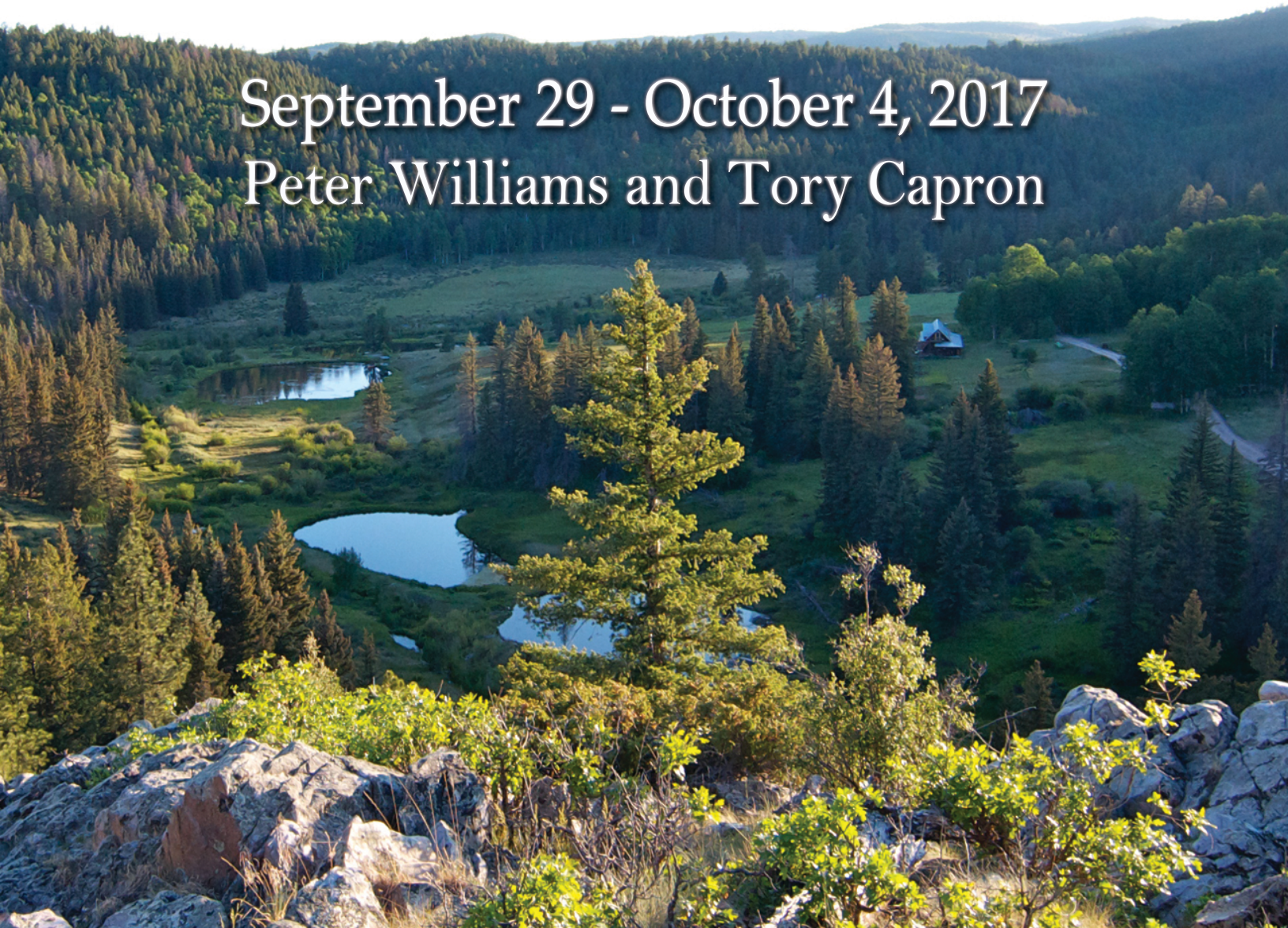




Vallecitos Mountain  
RETREAT CENTER

# Awakening the Heart in Nature

September 29 - October 4, 2017  
Peter Williams and Tory Capron



[www.vallecitos.org](http://www.vallecitos.org)



This retreat will help participants connect with their heart through meditation and immersion in nature. Contact with nature offers a place of healing for difficult states such as sadness and fear, while activating our joy, inspiration, and delight. Meditation allows us to feel all our emotions, bringing kindness to whatever arises, while letting go of the stories that so often trouble us. As we gain skill in working with our emotions, we discover a confidence that we can handle whatever life throws at us. This allows the heart to awaken deeply, loosening its preoccupation with the small self, and opening a deep sense of belonging with all of creation.

The retreat is unique in combining traditional indoor meditation with meditation outdoors. Mindful hikes (suitable for all levels of walking) will explore some of the most beautiful old growth forests in New Mexico at an optimal time to enjoy the brilliant colors of fall. When we meditate deep in the woods, we regain our intimacy with nature, and experience directly the dharma of fall—golden meadows, shimmering aspens and bugling elks.

The daily schedule includes instruction and small group meetings to clarify the practice. To deepen the practice, the retreat is held in complete silence. The retreat is suitable for beginners and seasoned practitioners.

**COST: \$475 - \$688**

(Inclusive of all meals and accommodation)

**Register online at [www.vallecitos.org](http://www.vallecitos.org)**

**Vallecitos Mountain Retreat Center**

PO Box 4051, Durango, CO 81302