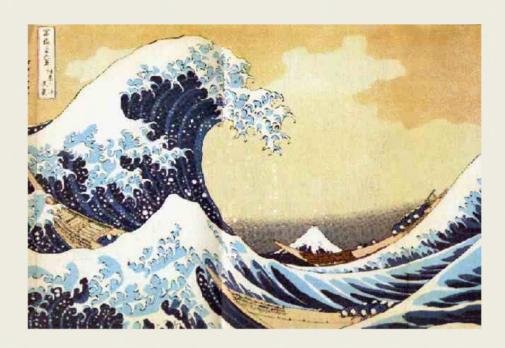
On Being a River



This retreat is open to both beginning and experienced meditators. The retreat will be held in silence, and will include sitting and walking meditation, instruction, and dharma talks.



Peter Williams has practiced Buddhist meditation for 23 years and has taught since

2003. He has completed the Community Dharma Leader training through Spirit Rock Meditation Center. Peter teaches retreats in the Rocky Mountain West and leads weekly meditation groups in Boulder, CO.

Insight Meditation Retreat With Peter Williams

8:45 am – 5:30 pm, Saturday, Jan. 23rd, 2016 Columbine Unity Church, 8900 Arapahoe Road, Boulder

We think we are solid, separate beings, navigating life in our own little self-bubble. But really we are a stream of experience, as our bodies, thoughts, and emotions are in constant flux. This change is often out of our control and due to outside influences. Opening to the truths of change and interdependence can be difficult because it threatens our need to feel in control.

Paradoxically, the path of meditation uses this very lack of control as the basis for letting go and realizing the peace and joy of the awakened heart. Meditation gives us a home in the interdependent stream of experience, which is the only true security and belonging.

Suggested donation \$60. No pre-registration necessary, but if you plan to attend, please email Peter at cptrwllms98@gmail.com>.

Registration Form - Daylong retreat, On Being a River

With Peter Williams Saturday, January 23rd, 2016 8:45 am – 5:30 pm Columbine Unity Church, 8900 Arapaho, Boulder

Please print and fill out this form bef	orehand and bring it wit	ch payment to the retreat.
Contribution amount (Suggested amo	ount is \$60): Check	Cash
The suggested donation covers retreat Given your finances, you may <i>need</i> to give		0
Name:	Phone:	
Address:		
Emergency contact name and phone([s]:	
Participant Waiver: I understand that duration of the retreat, from its advent to and the owner of the retreat property, C resulting from my participation. I agree event of any accident, illness (mental or emotional distress resulting from my paresponsible for obtaining any necessary arise on the retreat.	to close, and hereby hold Columbine Unity Church (not to hold the Organizer physical), loss of personarticipation in this retreat	harmless Peter Williams (Organizer) (Owner), from any liability whatsoever or Owner responsible or liable in the al belongings, physical injury or t. I understand that I am fully
Signature:		Date: