

# Freedom Here and Now



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, July 9, 2016**  
Columbine Unity Church, 8900 Arapahoe Rd., Boulder

Enlightenment, or freedom, on the spiritual path is an inspiring, but often remote and abstract concept. But through meditation we can experience a tangible freedom in the here and now, as we learn to be open-hearted with what is. In essence, meditation teaches us to replace reacting to our experience with being curious about it. Through this simple shift we begin to feel free in our hearts because we can allow our foibles and quirks to express freely in the space of kind attention. Over time we tame our neurosis and all manner of benevolent heart qualities begin to manifest – presence, love, ease, sympathetic joy, generosity and wisdom.

**Suggested donation \$60.** No pre-registration necessary, but if you plan to attend, please email Peter at <ptrwillms98@gmail.com>.

**Registration Form – Daylong retreat, Freedom Here and Now**

With Peter Williams

Saturday, July 9<sup>th</sup>, 2016

8:45 am – 5:15 pm

Columbine Unity Church, 8900 Arapahoe Rd., Boulder

**Please print and fill out this form beforehand** and bring it with payment to the retreat.

**Contribution amount (Suggested amount is \$60):** Check \_\_\_\_\_ Cash \_\_\_\_\_

**The suggested donation** covers retreat expenses and supports Peter’s teaching. It is a guideline. Given your finances, you may *need* to give less or *want* to give more. Thanks so much in advance!

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Emergency contact name and phone(s):** \_\_\_\_\_

**Participant Waiver:** I understand that I am wholly responsible for my health and safety for the duration of the retreat, from its advent to close, and hereby hold harmless Peter Williams (Organizer) and the owner of the retreat property, Columbine Unity Church (Owner), from any liability whatsoever resulting from my participation. I agree not to hold the Organizer or Owner responsible or liable in the event of any accident, illness (mental or physical), loss of personal belongings, physical injury or emotional distress resulting from my participation in this retreat. I understand that I am fully responsible for obtaining any necessary medical treatment should any accident, illness or discomfort arise on the retreat.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_