

Gladden the Heart



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, Mar. 19th, 2016
Columbine Unity Church, 8900 Arapahoe Road, Boulder

The Buddhist path, contrary to the stereotype of being focused on suffering, is actually a path of progressively refining joy. Meditation is a vehicle for realizing a happiness that is truly reliable, because it comes from within our hearts rather than through external circumstances. Through meditation our happiness is immediate, free, and local, requiring no expensive, hassle-filled trips to get to some perfect vacation spot.

This day will focus on ways to bring joy more directly into meditation practice, using mindfulness, sympathetic joy and gratitude meditations. Our lives, even when difficult, are filled with blessings, if only we made the effort to notice.

Suggested donation \$60. No pre-registration necessary, but if you plan to attend, please email Peter at <ptrwllms98@gmail.com>.

Registration Form – Daylong retreat, Gladden the Heart

With Peter Williams
Saturday, March 19th, 2016
8:45 am – 5:30 pm
Columbine Unity Church, 8900 Arapaho, 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:** _____