

Transforming Doubt and Indecision



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 – 5:15 pm, Saturday, May 14th, 2016
Andrus Retreat Center, 6119 Andrus Rd., Boulder

If your mantra is more “Um” than “Om,” it may be because the increased complexity and speed of modern life are breeding grounds for doubt and indecision. We are being conditioned to be increasingly in “figure it out mind” and less and less in our bodies and the present moment. Mindfulness is a great antidote to this trend. As we become aware of the simplicity of being in our physical senses, the mind relaxes out of the imaginary and the hypothetical and doubt and indecision drain away. As a result, we become more spontaneous and more willing to take risks in our life.

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

Registration Form – Daylong retreat, Transforming Doubt and Indecision

With Peter Williams

Saturday, May 14th, 2016

8:45 am – 5:15 pm

Andrus Center, 6119 Andrus Rd., Boulder, CO

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, Andrus Center (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:** _____