

The Most Life-Changing Insight



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, Nov. 19th, 2016
Columbine Unity Church, 8900 Arapahoe Rd., Boulder

Because thoughts cause so much distraction, people typically see meditation as an attempt to stop thinking. Yet with so much passion, creativity and benefit coming from our thinking ability, why would we want to give it up? In true mindfulness meditation we do not have to, as we are aware of all experiences, including thinking. This retreat will teach special techniques for becoming mindful of thinking without getting lost in it. This allows our thoughts to serve us rather than rule us, preserving all the beneficial aspects of thinking while dissolving unhelpful patterns such as stress, reactive emotions and compulsive behavior. Even better than all this, awareness of thinking brings about one of the most life-changing insights possible.

Suggested donation \$60. If you plan to attend, please email Peter at <ptrwillms98@gmail.com>.

Registration Form – Daylong retreat, The Most Life-Changing Insight

With Peter Williams

Saturday, Nov. 19th, 2016

8:45 am – 5:30 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: _____

Email (if you did not email Peter that you were coming): _____

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: _____