



## **THE CURE FOR THE PAIN**

### **Insight Meditation Retreat with Eric Kolvig**

The cure for the pain is joy. The cure for the pain is in the pain. The cure for the pain is to connect. The cure for the pain is to let go. The cure for the pain is to know the truth. The cure for the pain is to become so big that the pain is small.

Buddha the physician gives us the cure. In this retreat we will put that cure into practice. If this teaching is new to you, the retreat will be an introduction. If you know this teaching already, the retreat will be an encouragement and a deepening. Suitable for experienced practitioners and beginners alike.

#### **Four Day Low Cost Retreat**

**Sponsored by the Albuquerque Vipassana Sangha**

<b>When:</b> March 24-28, 2012	<b>Where:</b> Madonna Retreat & Conference Center 4040 St. Joseph's Place Albuquerque, NM 87120
<b>Cost Range:</b> \$220 - \$400	
<b>Total Number of retreat participants:</b> 25	

Registration and check-in Saturday, March 24<sup>th</sup> from 9:00 to 10:00 a.m.  
Retreat ends at noon, Wednesday, March 28<sup>th</sup>

**The teacher, Eric Kolvig, Ph.D.,** has been teaching in the Vipassana Buddhist tradition since 1985. He leads meditation retreats and gives public talks all around the US and abroad. Eric has led many retreats in the wilderness and is interested in the special value of spiritual practice in the natural world. He has a particular interest in “grassroots dharma,” building spiritual community in democratic, non-authoritarian ways. Eric has worked with many teachers, primarily with Joseph Goldstein and Sharon Salzberg, in the lineage of Mahasi Sayadaw of Burma, and also with Richard Clarke in the Zen lineage of Roshi Philip Kapleau. Eric lives in a rural, intentional community in Northern New Mexico.

### **Retreat Accommodations**

To help lower costs, accommodations will be a shared double room at the **Madonna Retreat & Conference Center**. Rooms will be assigned. This retreat is intended as a residential retreat, but you have the option to commute from home if living in the Albuquerque area. You will be expected to attend all retreat activities if you stay at the center or commute from home.

### **Retreat Meals**

Meals will be provided from lunch on Saturday through breakfast on Wednesday and will be vegetarian. A full meal will be served at lunch with light breakfasts and dinners. We can accommodate some special dietary needs, but not all. Please indicate any special food needs on the registration form.

### **Teacher Dana**

Since the time of the Buddha, the teachings have been given freely as they are considered to be priceless. This 2500 year old tradition is today sustained with the practice of Dana, a Pali word meaning generosity, allowing retreatants to offer their teachers recompense for the teachings at the retreat's end. The teacher receives no other financial compensation.

### **Retreat Cost**

The fee for the retreat is on a sliding scale from \$220 to \$400. The estimated cost to the Sangha for the retreat is \$320 per person. Any amount you pay above \$320 will be gratefully received, provide assistance to this low cost retreat, and treated as a tax-deductible donation.

It is the intention of the Sangha and retreat teacher that no one be turned away from this retreat because of cost. If you are in need of financial assistance or have any questions about the retreat cost, please contact **Christine at (505) 268-3895**.

A deposit of \$75 is required with your registration and may not be refunded after February 24<sup>th</sup> 2012.

## Registration Form

Please complete this form and mail to **Tiska Blankenship** at **1523 Solano Dr. NE, Albuquerque, NM 87110**. For registration questions, please contact Tiska at 505-256-3785 or [tiska@unm.edu](mailto:tiska@unm.edu). You will receive an email or mail confirmation with retreat information.

### **Please Print Clearly**

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

eMail: \_\_\_\_\_

Retreat Fee (\$220 - \$400):     \$ \_\_\_\_\_

Donation:                         \$ \_\_\_\_\_

Total:                             \$ \_\_\_\_\_

If you are in need of financial assistance or have any questions about the retreat cost, please contact **Christine at (505) 268-3895**.

Make checks payable to the **Albuquerque Vipassana Sangha**.

\$75 deposit required.

This deposit is non-refundable after **February 24, 2012**.

Full payment is due **March 9, 2012** and is non-refundable.

Please mark these dates on your calendar.

Special needs or food allergies: \_\_\_\_\_