

The Insight Meditation Community of Colorado presents



Awakening Intuition

An Insight Meditation retreat with David Chernikoff



Thursday, August 9th – Sunday, August 12th, 2018

ABOUT:

Insight meditation teaches us a radical new way of knowing ourselves and the world we live in. This retreat will be an invitation to cultivate *intuitive wisdom*, a faculty of inner guidance that plays a critical role in the process of spiritual awakening. Our primary focus will be the practice of sitting and walking meditation in Noble Silence. There will be dharma talks, meditation instruction, and small group interviews with the teacher. In addition, there will be some guided meditations and interactive exercises designed to deepen our understanding of our innate capacity to experience what the Buddha called “the sweet joy of the way.”

WHERE/WHEN:

Rocky Mountain Ecodharma Retreat Center
8941 Overland Rd., Ward, CO
(rockymountainecondharmaretreatcenter.org)

Check in will be from 4pm-5:45pm on Thursday. Dinner will be served at 6pm. The program will end at noon on Sunday, with lunch served immediately after the closing.

WHO:

Both beginning and experienced meditators are welcome.

COST:

The room and board fee ranges from \$170 to \$230, depending on lodging. Vegetarian meals will be provided. *A limited number of partial scholarships are available for this retreat. Please feel free to ask David Chernikoff about how to apply.* As is the practice at insight meditation retreats, your payment covers room and board only. There will be an opportunity to offer dana (translation: “generosity freely given”) to the teacher and retreat manager at the end of the retreat.

WHAT TO BRING:

A meditation cushion and pad, if you use one (chairs will be provided); a water bottle, appropriate layers of clothing, an alarm clock, a notebook and pen, and a blanket or shawl if you use one in the meditation hall. Please put your cellphone, iPad, and / or laptop away when we begin the retreat and do not plan on using them until we break the silence at the end. There is no cell phone service or internet access at the RMERC.

REGISTRATION:

You will find the registration form at davidchernikoff.com/schedule. You can contact David at davidchernikoff@icloud.com with any questions, or to request the form.



David Chernikoff, M.Div, LCSW, A student of meditation since 1971, David has completed the Community Dharma Leader training at Spirit Rock Meditation Center and has been teaching Insight Meditation since 1988. His teaching has been influenced by senior teachers from the Insight Meditation Society and Spirit Rock, Tibetan teachers he studied with during a 3-year stay in Nepal, and spiritual guides from other contemplative traditions, most notably Ram Dass, Father Thomas Keating, and Rabbi Zalman Schachter-Shalomi. David taught meditation and psychology at Naropa University for many years and currently has a private practice as a spiritual counselor and life coach in Boulder. He teaches workshops and retreats throughout the U.S. (www.davidchernikoff.com)



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