



EVERYDAY COMPASSION: AN ONLINE SILENT RETREAT

March 27th evening and 28th all day

Friday – 7:00 to 9:00 ♦ Saturday – 9:00 to 3:30

Immerse yourself in the practice of Compassion. The retreat will include alternating periods of instruction, dharma talks, sitting meditation, walking meditation, optional interviews with the teachers, and a group exercise.

In light of the ongoing spread of the coronavirus in our communities, this retreat is now being offered as online through the Zoom platform.

Set up a comfortable location in your home that will be conducive to sitting and walking meditation.

There is no cost to attend. Please register by sending an email to KathleenEGraham@aol.com. Include your name, email address, and phone number so we can contact you if necessary. Due to our learning curve with this technology, we are **limiting the number of participants**, so requests will be filled on a first-come, first-served basis.

Retreatants will receive meeting links on Friday morning. There will be a tutorial at 6:30 Friday evening for those who would like to learn more about Zoom before beginning the retreat.

This retreat is offered by the Insight Meditation Community of Denver Teachers' Collective.