



One and a Half Day

## Loving Kindness Intensive

September 28<sup>th</sup> evening and 29<sup>th</sup> day-long

Evanston Center for Spiritual Wholeness and Healing

2122 S Lafayette St, Denver

Non-Residential

No Fee

Dana Accepted

This is an opportunity for you to immerse yourself in the practice of Metta. This intensive is offered by the Denver Teachers' Collective for those interested in deepening their metta (loving-kindness) practice. The Denver teacher collective is a group of meditation instructors who have completed teacher training in the Theravada/Vipassana tradition and have committed to spreading the benefits of meditation practice in the Denver community. The retreat will be held in silence, with alternating periods of instruction, dharma talks, sitting meditation, and walking meditation. Opportunities for individual meetings with teachers to support and encourage your practice will be available.

Wear comfortable clothes and bring any meditation cushions. There are chairs for those who prefer a chair. Bring your lunch. Refrigeration, tea, and snacks will be provided.

There is no cost to register. Dana to cover our expenses and for the church that is providing the space greatly appreciated.

Friday – 7:00 to 9:00; Saturday – 9:00 to 5:00; Please plan to attend the entire intensive

Please register at: <https://DenverIMS.as.me/Metta>

If you have questions, email [dharmarockies@gmail.com](mailto:dharmarockies@gmail.com) or [kathleenegraham@aol.com](mailto:kathleenegraham@aol.com)