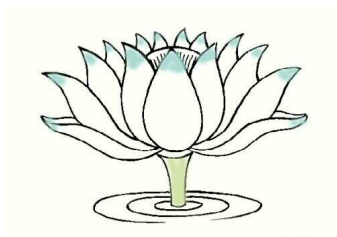


Awakening In Every Thought, Word and Action: Meditation For Us All

A Three-Day Vipassana Meditation Retreat with

Allan Cooper

April 12,13 & 14,2013



This weekend we will learn directly through the use of meditation how our habits limit opportunities to think, speak, and act with a clear and compassionate heart and mind. We will also study and experience how mindfulness meditation coupled with attention to our intentions in daily life can help us to loosen and free ourselves from the habits that conceive prejudice. We will learn how to make the most simple activity an activity of awakening. This retreat will build on last year's topic(s); the retreat is open to those **new to meditation** as well as long-term practitioners. (Group and personal instruction given.)

Allan's meditation practice began in 1973 in India. He has studied with many prominent monastic and lay teachers in Burma, the U.S.A. and Nepal. His teachers have included the Venerable Sayadaw U Pandita, Joseph Goldstein and the Venerable Sayadaw U Vivekanada.

Before retiring, Allan served for approximately 20 years as a hospice and mental health nurse.

Friday: 1:00pm - 5:00pm

Saturday and Sunday: 9:30 am - 4:30 pm

Registration: 12:30pm on Friday,

9:00-9:30 am on Sat/Sun

Stillpoint

8072 W. Sahara Ave., Ste. D, Las Vegas, NV 89117 (<http://www.stillpointcsd.org>)

Chi Kung will be offered from 9:10 to 9:30 am.

Fee for Friday, Saturday and Sunday is \$120; \$100 advanced registration.

Fee for one day is \$50; \$40 advanced registration.

Fee for Friday is \$25

No one refused for lack of funds.

Fees are for operational expenses. An additional offering (dana) for the teacher is customary.

What to bring: Meditation cushion and/or bench (chairs will be available), blanket/shawl and lunch.

Hosted by the Lotus in the Desert Sangha

Information/registration: www.lotusinthedesert.org

E-mail: sangha@lotusinthedesert.org/Phone: (702) 525-6490

Send advanced registration payment to: Linda Rohacek, 3230 Velvet Rose St., Las Vegas, NV 89135