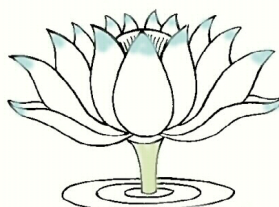


# **Our Thoughts Lead to Our Habits: Conditioning Towards or Away From Freedom**

A Three-Day Vipassana Meditation Retreat with

**Allan Cooper**

**September 17 to 19, 2010**



This weekend Vipassana retreat will provide the chance to directly experience how conditioning in our minds, speech and actions defines who we are. Through meditation, we will learn how our habits limit opportunities to think, speak, and act with a clear and compassionate Heart and Mind. We will learn how meditation helps us loosen and free ourselves from habit and prejudice.

Allan's meditation practice began in 1973 in India, and since 1986 he has practiced Buddhist meditation in the Theravada and Vipassana tradition of Mahasi Sayadaw. He has studied with many prominent monastic and lay teachers in the Burma, U.S.A, and Nepal, including the Venerable Sayadaw U Pandita, Joseph Goldstein, and the Venerable Sayadaw U Vivekanada, abbot of Panditarama International Meditation Center Lumbini, Nepal. Allan has served as a hospice and mental health nurse for approximately 20 years in a variety of settings and locations.

The retreat is open to those new to meditation as well as long-time practitioners.

## **Friday: Lohan School of Shaolin, 7:15 pm - 9:00 pm**

3850 Schiff Dr., Las Vegas, NV 89103 (<http://www.lvlohans.org>)

Dana (donation) only.

## **Saturday and Sunday: Stillpoint, 9:30 am - 4:30 pm**

### **Registration 9:00 - 9:30 am**

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

Mindful movement will be offered from 9:10 to 9:30 am.

Fee for both Saturday and Sunday is \$100; \$90 advanced registration.

Fee for one day (Saturday or Sunday) is \$60; \$50 advanced registration.

There is a \$10 discount for students. Tuition assistance is available on an individual basis.

Fees are for logistical costs. An additional donation may be offered in appreciation of Allan's teachings.

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

## **Hosted by the Lotus in the Desert Sangha**

Information/registration: [www.lotusinthedesert.org](http://www.lotusinthedesert.org) or <http://www.meetup.com/LITDSM>

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

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