

SLC Insight Meditation Daylong Retreat with Jaya Rudgard

Saturday, December 9, 2017

Seeing for yourself

The Dharma (*or the truth of how life is*) is something the Buddha famously asked his students to “come and see for yourself”. How and where do we look for the truth and what is helpful in our quest for truth? Can we make space in our lives for the truth (the Dharma) to unfold and reveal itself to us?

This day of retreating from the busyness of the holidays and life in general is dedicated to teachings, meditation and discussions in which we will explore experientially how best we can access and allow the natural wisdom found in all of us to serve us personally, as well as our world. Treat yourself to a break from everyday life and explore how the truth of life unfolds for you.

All students of the truth are warmly welcome. This daylong retreat is appropriate for those new to meditation and the Buddha’s teachings as well as more experienced students.

Jaya Rudgard began meditating as a teenager in the UK. From 1996- 2005 she practiced as a nun in the Thai forest tradition with Ajahn Sumedho as her main teacher. This tradition emphasizes mindfulness in all aspects of daily life in order to learn from our direct experience what leads to suffering and what leads to freedom. Jaya’s passion is sharing this inquiry and path of practice with others both inside and outside the context of traditional Buddhism. She now lives in Oxford, England where she leads a weekly insight meditation group and teaches mainstream mindfulness and mindful self-compassion. She has trained with Jack Kornfield, Joseph Goldstein and others through the Spirit Rock/IMS teacher training. She teaches at Gaia House, IMS, Spirit Rock and other Insight Meditation Centers.

Where: Episcopal Church Center of Utah- Wasatch Retreat and Conference Center; 75 South 200 East, Salt Lake City.

When: Saturday, December 9, 2017; 10:00 – 5:00.

How: **Go online to www.slainsight.org to register.**

What to bring: Please bring your lunch and drinks for yourself. We will have chairs to sit in, but if you want a cushion for meditation bring your own cushions.

Cost: There is a sliding scale of \$20 - \$30 depending on what you can afford. This amount covers the transportation costs of Jaya as well as rental for the church space. Please note, no one will be turned away. If the cost is a concern, there is a spot for scholarships on the registration form.

Dana: All of the Buddha’s teachings are offered freely by Jaya. At the end of the day there will be an opportunity to offer a monetary gift of generosity to the teacher. This tradition is over 2500 years old. This tradition supports the teachings going forward. There is no set amount for this offering of generosity and it is NOT required.

Questions: Please email Diane Schaefer at tolo2@aol.com or call or text Diane at 801-884-6633.