

The Beauty of Our Lives

A Mindfulness Meditation weekend for Lesbian, Gay, Bisexual, Transgender, Intersex, and Queer Communities



led by Larry Yang, Maddy Klyne, and La Sarmiento
April 17-20, 2014, Thursday (6pm) to Sunday (2:30pm)
Garrison Institute, 14 Mary's Way, Route 9D, Garrison, New York

The practices of Mindfulness and Lovingkindness from the Buddhist tradition deepens our insight into truth about ourselves and the conditions in which we live, while cultivating an open heart and an inner home. This will be a silent meditation retreat and the practice of Mindfulness will be experienced through silent sitting, walking, movement, and eating meditations. There will be a time for mindful group sharing. On the last day of the retreat, Sunday, there will be an opportunity to cultivate and practice mindful connections in community.

Open to all levels of meditation—new, beginner, or experienced. You do not have to call yourself a Buddhist to benefit from meditation. Please join us, get on a cushion or chair, settle your mind, keep your heart open, and see what you discover! The retreat offers a unique opportunity for Queer and Same Gender Loving identified folks to be together in spiritual community.

Online registration for the retreat: <http://garrisoninstitute.org/beauty2014>

Retreat website: <http://eastcoastlgbtqretreat.wordpress.com/>

Cost for the facility:

\$405/\$360/\$315/\$225 per person for single/double/triple/commuter, includes room and meals. If you are willing to do a daily House Job (light cleaning work) of about one hour, this will reduce your rate by \$10 per day. There is some scholarship support available for people with limited financial means, please apply at <http://www.garrisoninstitute.org/retreats-scholarship-application>

Cost for the Teachings:

The teachers do not receive any portion of the retreat fees. Dharma teachings are regarded as priceless. They are offered without a set fee. You are requested to support the teachers by contributing voluntary donations (the practice of “Dana” or Generosity).



Larry Yang teaches meditation and mindfulness nationally, and provides Dharma teachings for multicultural communities. Larry is a Spirit Rock teacher and a core teacher of the East Bay Meditation Center in Oakland, CA. Trained as a psychotherapist, he also has spent six months as a monastic in Thailand. His website is: www.larryyang.org



Maddy Klyne has been practicing insight meditation for more than twenty seven years. Maddy is a guiding teacher at South Shore Insight in MA, a teacher at Cambridge Insight Meditation Center and an assistant teacher at the Insight Meditation Center in Barre, MA. Part of Maddy's spiritual path was to come out at the age of five.



La Sarmiento has been practicing Vipassana since 1998, is a Guiding Teacher and Senior Retreat Manager at IMCW, is the guiding teacher of the IMCW LGBTQ and the POC Sanghas, teaches and manages retreats for teenagers with Inward Bound Mindfulness Education, and is a graduate of the Spirit Rock Community Dharma Leaders Training Program.

“This is a fantastic opportunity for LGBTQ communities to gather in the Dharma, Don't miss it!” —Jack Kornfield
“A precious chance to gather in spiritual practice and create refuge in the Buddha's Teachings.” —Sharon Salzberg
“This retreat is a great support for our ever-growing dharma community. Please help in whatever way you can.” —Joseph Goldstein