

Emptiness - Mountain Retreat

Dear Friend,

On June 18 we will all be heading up to the mountains to enjoy a wonderful weekend of meditation with Gen Kelsang Losel. Here is a map and a list of things to bring to help you prepare for your trip and to get to Pingree Park. **If you have not yet paid the full amount, please do so before June 5th because we do not have credit card access at Pingree Park.**

Feel free to contact the Center if you have any questions: 303-813-9551. If you are interested in carpooling please contact the Center. We look forward to seeing you on retreat.

Warm regards,

Mountain Retreat Coordinator

A few things you might like to know about the retreat:

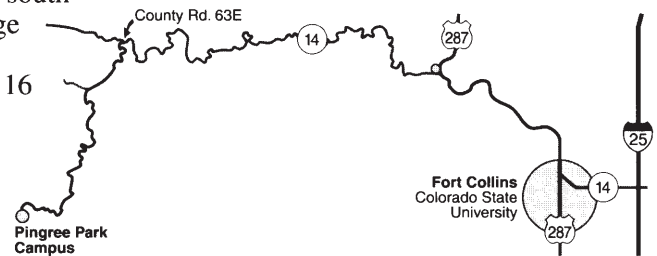
- The first session is an important introduction and meditation. Please make every effort to attend.
- On Saturday after the second session there is an opportunity to go on a hike. Pingree Park will provide a sack lunch for those who wish to participate in the hike.
- A small refrigerator and an ice machine are in the North Dorm where we will be staying if you need to bring snacks and/or drinks.
- All of your meals are provided. If you are not going on the hike on Saturday, please try to get to lunch right after the session, because they stop serving lunch at 1:00pm.
- Cell phones do not work at Pingree Park
- You will be given your room number upon arrival
- If you have any trouble getting to Pingree Park, please call **970-881-2150** and the Pingree Park staff will give you directions. This is also the number at which you can be reached in an emergency.

Things you may want to bring:

- ~ Hiking boots and sunblock (if you are going on the hike)
- ~ Water bottle
- ~ Warm and light clothing (temperature may vary)
- ~ Flashlight
- ~ Raincoat or umbrella
- ~ Toiletries
- ~ Towel (Pingree Park has men's and women's showers)
- ~ Sheets, blankets, and a pillow case (unless you are registered for a Single or Double room in which case your bedding will be provided)
- ~ You are welcome to bring your own meditation cushion if you prefer
- ~ Suggested book to bring:

How to Reach Pingree Park from Fort Collins

To reach the Pingree Park Campus, go north on U.S. 287 to mile marker 22. Turn west on Hwy. 14 going up Poudre Canyon. Stay on Hwy. 14 to mile marker 96 which is the turnoff for Pingree Park (County Rd. 63E). Turn south across the bridge and drive on a gravel road for 16 miles to reach Pingree Park.



Retreat Schedule

Friday June 18

- 5:30pm - 6:00pm Registration
- 6:00pm - 7:00pm Evening Meal
- 7:30pm - 9:00pm 1st Session

Saturday June 19

- 7:00am - 8:00am Breakfast
- 8:30am - 10:00am 2nd Session
- 11:00am - 12:30pm 3rd Session
- 12:30pm - 1:30pm Lunch
- 4:30pm - 6:00pm 4th Session
- 6:00pm - 7:00pm Evening Meal
- 7:30pm - 9:00pm 5th Session

Sunday June 20

- 7:00am - 8:00am Breakfast
- 8:30am - 10:00am 6th Session
- 11:00am - 12:30pm 7th Session
- 12:30pm - 1:30pm Lunch