

Foundations for Cutting Through to Pristine Awareness

An experiential meditation retreat with Douglas Veenhof

February 16-18

This weekend retreat is based on the fundamentals of Dzogchen, Tibetan Buddhism's "Great Perfection." Through a progression of one-hour sessions, you will be introduced to these time-proven meditation techniques for developing the stable and vivid attention necessary for isolating moments of experience for close examination. We will then practice applying that powerful observational tool to probe the nature of consciousness itself.

This approach allows even someone who has never meditated before to develop a grounded and comprehensive practice to take home. Long-time meditators may find this to be just what they have been looking for to reignite or extend the exciting discoveries of daily practice.

Friday, February 16	7:30 – 9:30 p.m.
Saturday, February 17	1:00 – 6:00 p.m.
Sunday, February 18	1:00 – 6:00 p.m.

\$125 before February 3

\$150 after February 3

Space is limited. Make your reservation early!

Register online at www.yogaplanetstudio.com/workshops, or call 248-375-3070.



Douglas Veenhof is a noted author and teacher who has practiced and taught Buddhist meditation for more than 25 years. He leads shamatha and vipashyana meditation workshops and retreats around the world.
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