



Insight Retreat for Deaf and Hard-of-Hearing Adults

April 7-9, 2017

Insight Retreat Center
1906 Glen Canyon Rd, Santa Cruz CA

This silent, residential mindfulness retreat focuses on the theme of *mindfulness of the body*, including the breath, body sensations, and working with body pain. The weekend will include alternating sitting and walking meditation, instruction, dharma talks, work meditation, and practice discussion with the teacher.

Teacher: Kim Allen

Kim Allen serves on the Teacher's Council at Insight Santa Cruz, teaches both locally and in other regions, and has practiced with Gil Fronsdal as her primary teacher for over a dozen years.

For registration and further information, please visit

<https://www.insightretreatcenter.org/retreats/>

ASL Interpreters will be present.

