

Summer Retreats 2013

July 13 - 20 & July 23 - July 28 2013

This summer Mountain Lamp will hold our two traditional summer retreats- Ancient Bones and Deep River, Clear Streams.

Friends are welcome to come to one or both and may stay in between retreats.



Summer Retreats

Deep River, Clear Streams July 13 - 20

Ancient Bones July 23 - 28

Deep River, Clear Streams

July 13 - 20
Mindfulness Retreat with
Dharma teacher
Eileen Kiera.

Ancient Bones

July 23 - 28
A Zen retreat with Zen
teacher Jack Duffy

Arrival Times

Retreatants are welcome to
arrive on July 13 or July 23

Departures

Retreatants are welcome to
depart on July 20 or July 28
Practice

Cost for Retreat Stays

Deep River, Clear Streams: \$430
Ancient Bones: \$300
Both Retreats: \$650

Deep River, Clear Streams is
a mindfulness retreat with
sitting meditation, outdoor
walking, dharma discussion
and dharma talks from
Eileen.

Ancient Bones is a Zen
retreat with daily zazen,
dharma talks, formal meals
and Q&A.

For registration please go to: www.mountainlamp.org

For more information please contact Tracey: ml-info@mountainlamp.org

DEPOSIT: \$100

Deposit for Retreat is non-refundable after July 1

Last day to register is July 6.

5% Discount if you register before June 15

Cost for Retreat Stays

Deep River, Clear Streams: \$430

Ancient Bones: \$300

Both Retreats: \$650

All meals are included in retreat fees

5% discount for circle of friends, 10% discount for campers

Please register on-line:

<https://dharmagate.wufoo.com/forms/july-2013-mountain-lamp-retreat-registration/>

Directions to Mt. Lamp will be sent with your confirmation.

MEALS:
Are Vegetarian
Please note
medically
prescribed diet

SLEEPING:
Shared Indoor
or outdoor
camping

**WHAT TO
BRING:**
warm sleeping
bag & pillow,
towel,
flashlight, alarm
clock,
meditation and
work clothes,
rain coat, warm
sweater, hat,
gloves, walking
shoes, boots,
personal
toiletries
tent for
campers