



## Into the Depths - Monastic Retreat with the Aloka Vihara Nuns

Ayya Anandabodhi, Ayya Santacitta, Cator Shachoy (yoga)

Ayya Anandabodhi was born in Wales in 1968. She has practiced meditation since 1989 and lived in monasteries in the UK from 1992-2009; training under the guidance of Ajahn Sumedho and Ajahn Sucitto. In 2009 she moved to San Francisco on invitation of the Saranaloaka Foundation to help establish Aloka Vihara; a Theravada Buddhist monastic residence for women. In 2011 she took leave of the Ajahn Chah lineage in order to take full bhikkhuni ordination with Ayya Tathaaloka Theri as preceptor. She currently resides at Aloka Vihara and offers teachings locally and nationally.

Ayya Santacitta was born in Austria in 1958 and has practiced meditation for over 20 years. Her first teacher was Ajahn Buddhadasa, whom she met in 1988. She has trained as a nun in both the East and West since 1993, primarily under the guidance of Ajahn Sumedho. Since 2002 she has also integrated Dzogchen teachings of the Vajrayana into her practice. Ayya Santacitta is co-founder of Aloka Vihara, a Theravada monastic residence for women in San Francisco, where she has lived since 2009. In 2011 she received bhikkhuni ordination with Ayya Tathaaloka Theri as preceptor. She offers teachings locally and nationally.

Cator Shachoy completed teacher training through the Iyengar Yoga Institute of San Francisco, and Kripalu Yoga Center, and has taught yoga in San Francisco since 1998. She is the founder of Youth Yoga Dharma. She teaches weekly yoga and meditation classes, as well as workshops and retreats in the San Francisco Bay Area.

Tuesday, June 5 - Sunday, June 10  
Upper Retreat Hall

Prerequisite: Participants must attend entire retreat.

This retreat is an opportunity to deepen practice, using the Four Foundations of Mindfulness as a basis for contemplation. Insight Meditation is a simple and direct tool; the moment to moment investigation of the mind-body process through calm and focused awareness. Through seeing and letting go of our habitual attachments and reactions, we find a place of peace with life as it is. Joy, inner contentment and confidence are the fruits of such release.

An optional daily period of yoga will be offered by Cator Shachoy.

Spirit Rock offers this retreat on a dana basis. The word "dana" means generosity and simply translates into a heartfelt donation. This retreat has no registration fee. At the end of the retreat, participants will be invited to offer dana donations in three categories: first to support the retreat teachers, second to support the retreat cooks and retreat managers, and third to cover Spirit Rock's operating expenses so that we can continue to offer a yearly monastic retreat on a dana basis. (A retreat of this length would normally have a minimum price of \$440.)

Although there is no registration fee, a \$125 deposit is required to register for the retreat. We have determined that the deposit is necessary to ensure the registrant's commitment to attending the retreat, and to reduce last minute cancellations. Registrants who cancel within four weeks of the retreat start date will not receive a refund of their deposit. Registrants who attend the retreat may request a refund of the deposit after the retreat is over.

We hope that a dana approach will make our monastic retreats accessible to more people, and that a cycle of generosity and gratitude will contribute to the sustainability of this offering.



Cost \$125 registration deposit. Dana for teachers, retreat staff and Spirit Rock can be offered at end of the retreat. Code 366R12.

As part of your registration process, please read the following: **About the Retreat**, **Financial Aid** and **Travel Information** on our website. Also remember that the cost above is priced as a sliding scale. Please pay at the highest level of the sliding scale that you can afford. This allows others who need to pay less the opportunity to attend. Fee is for room and board. Teaching and staffing of the retreats is by donation at the end of the retreat. For more information, see **Retreat FAQ** on our website.

**Spirit Rock Meditation Center** is dedicated to the teachings of the Buddha as presented in the Theravada vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.