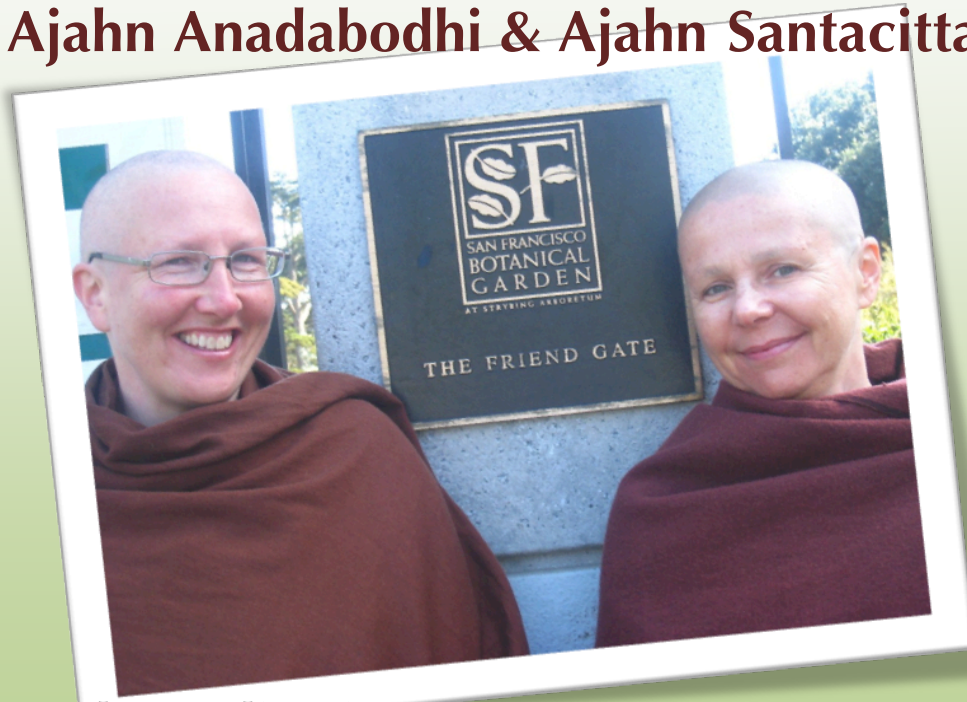


The Marriage of Being and Doing:

Monastic Retreat with the Saranaloka Nuns

Ajahn Anadabodhi & Ajahn Santacitta



Spirit Rock Meditation Center, Upper Retreat Hall
5000 Sir Francis Drake Blvd, Woodacre, west Marin
Mon, May 23, 3pm – Sat, May 28, 12pm (5 nights)

Bringing awareness to the ever-present simplicity of this body and mind shines a light into the tangles of complexity and confusion we tend to create, revealing our potential for wise and compassionate action.

During these five days we invite you to have a taste of monastic life through keeping the 8 precepts as a community (which includes not taking solid food between midday and the following dawn), devotional chanting, sitting and walking meditation, and Dhamma talks and dialogues.

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. (Our normal cost of a retreat this length would be \$685 - \$435 sliding scale, plus dana to teachers and retreat staff). Instead, participants are 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.

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.

This retreat is offered on a donation basis.

For more information and Online Bulletin Board for Ride Sharing:
<http://www.spiritrock.org/calendar/display.asp?id=260R11>

For more about the nuns and Saranaloka: www.saranaloka.org