

## 2020 Cloud Mountain Retreat Schedule

Dates	Teacher(s)	Length	Fees
Dec 29 - Jan 5, 2020	<b>Santikaro</b>	7 days, **Sun - Sun	\$490 / 545 / 580
	<i>Releasing and Greeting the New Year with Dhamma</i>		
Jan 24 – 31	<b>Kamala Masters</b>	7 days, Fri - Fri	\$490 / 545 / 580
	<i>The Integration of Love and Wisdom</i>		
Jan 31 – Feb 3	<b>Tim Geil</b>	3 days, Fri – Mon	\$210 / 230 / 250
	<i>Quieting the Mind, Awakening the Heart: An Insight Meditation Retreat</i>		
Feb 7 – 14	<b>Andrea Fella &amp; Diana Clark</b>	7 days, Fri - Fri	\$490 / 545 / 580
	<i>Mindfulness of Mind</i>		
<b>Feb 21 – Mar 20</b>	<b>Leigh Brasington &amp; Mary Aubry</b>	<b>28 days, Fri - Fri</b>	<b>\$2100 / 2300 / 2500</b>
	<i>States of Consciousness (Potthapada Sutta) Digha Nikyya #9 - for experienced students</i>		
March 27 - April 3	<b>Alexis Santos</b>	7 days, Fri - Fri	\$490 / 545 / 580
	<i>When Awareness Becomes Natural</i>		
April 3 – 9	<b>Murray Kennedy &amp; Patsy Boyer</b>	6 days, Fri - Thurs	\$420 / 460 / 500
	<i>Enlightenment Intensive</i>		
April 17 - 22	<b>Tina Rasmussen</b>	5 days, Fri - Wed	\$350 / 380 / 410
	<i>Meditation to Develop Concentration and Serenity for a Chaotic World</i>		
April 24 – 27	<b>DaeJa Napier/BVF</b>	3 days, Fri – Mon	See website
	<i>Metta: A Saving Grace in Troubled Times</i>		
May 1 – 6	<b>Keri Pederson &amp; Tuere Sala</b>	5 days, Fri - Wed	\$350 / 380 / 410
	<i>Awakening to the Life That's Here</i>		
May 15 – 22	<b>Santikaro</b>	7 days, Fri - Fri	\$490 / 545 / 580
	<i>The Many Styles &amp; Approaches of Meditation</i>		
May 22 – 28	<b>Ven. Ayya Medhanandi Bhikkhuni</b>	6 days, Fri - Thurs	Dana-based retreat – see website
	<i>Pure Heart, Unshakeable Peace</i>		
May 29 – June 5	<b>Mark Nunberg, assisted by Shelly Graf</b>	7 days, Fri - Fri	\$490 / 545 / 580
	<i>Mindfulness Immersed in the Body – An Embodied Awakening</i>		
June 5 – 8	<b>Orgyen Chowang Rinpoche</b>	3 days, Fri – Mon	\$210 / 230 / 250
	<i>From Mindfulness to Pristine Mind</i>		
<b>June 12 – 25</b>	<b>Heather Sundberg &amp; Leigh Brasington</b>	<b>13 days, Fri - Thurs</b>	<b>\$950 / 1050 / 1150</b>
	<i>Jhanas &amp; Emptiness - for experienced students</i>		
<b>June 26 – July 5</b>	<b>Kamala Masters &amp; Steve Armstrong</b>	<b>9 days, Fri – Sun</b>	<b>\$630 / 685 / 745</b>
	<i>Mindfulness, Insight and Liberation - for experienced students</i>		
July 9 – 16	<b>Phillip Moffitt</b>	7 days, **Thurs – Thurs	\$490 / 545 / 580
	<i>Insight Meditation with Somatic Movement</i>		
July 17 – 22	<b>Stephen Snyder</b>	5 days, Fri – Wed	\$350 / 380 / 410
	<i>The Brahma Viharas: the Non-Dual Heart Qualities of True Nature</i>		

July 24 – 29	<b>Heather Sundberg</b>	5 days, Fri - Wed	\$350 / 380 / 410
	<i>Awakening in The Body: First Foundation of Mindfulness</i>		
July 31 – Aug 7	<b>Young Adults Retreat, ages 18 - 35</b>	7 days, Fri - Fri	\$250 (subsidized fee)
	<i>Cultivating Wisdom and Compassion: A Retreat for Young Adults (18-35)</i>		
<b>Aug 14 – 27</b>	<b>Self retreat, led by Amma Thanasanti</b>	<b>13 days, Fri - Thurs</b>	<b>\$950 / 1050 /1150</b>
	<i>Supported Self-Retreat -- for experienced students</i>		
Sept 4 – 11	<b>Narayan Liebenson &amp; Tim Geil</b>	7 days, Fri – Fri	\$490 / 545 / 580
	<i>Awakening</i>		
Sept 11 – 24	<b>Santikaro</b>	7 days, Fri – Fri	\$490 / 545 / 580
	<i>Ānāpānasati: The Foundations &amp; Highlights of Breathing Mindfully</i>		
Sept 25 – 30	<b>Kamala Masters</b>	5 days, Fri - Wed	\$350 / 380 / 410
	<i>Metta for Women</i>		
<b>Oct 2 – 4</b>	<b>Keri Pederson</b>	<b>2 days</b>	<b>\$200 / 230 / 250</b>
	<i>Vipassana Meditation: Seeing Clearly What's True -- A Retreat for New Students</i>		
Oct 30 – Nov 4	<b>Ven. Ayya Sobhana Bhikkhuni</b>	5 days, Fri – Wed	\$350 / 380 / 410
	<i>Working with Emotions the Buddha's Way</i>		
Nov 6 – 12	<b>DaeJa Napier / BVF</b>	6 days, Fri - Thurs	See website
	<i>Guardians of the Heart: Vipassana and the Four Brahma Viharas</i>		
Nov 13 – 16	<b>Tim Geil</b>	3 days, Fri – Mon	\$210 / 230 / 250
	<i>Quieting the Mind, Awakening the Heart: An Insight Meditation Retreat</i>		
<b>Dec 2 – 9</b>	<b>Heather Sundberg</b>	<b>7 days, Fri - Fri</b>	<b>\$490 / 545 / 580</b>
	<i>Deepening into Awareness &amp; Wisdom: For Intermediate &amp; Advanced Students</i>		
Dec 11 – 13	<b>Volunteer Work Weekend</b>	2 days, Fri – Sun	No fee
Dec 30 – Jan 6	<b>Santikaro</b>	7 days, <b>**Wed - Wed</b>	\$490 / 545 / 580
	<i>Releasing and Greeting the New Year with Dhamma</i>		

Yellow highlighting indicates a retreat intended for experienced students, with experience prerequisites in place.

Green highlighting indicates a retreat intended specifically for new or beginning meditators.