



Sravasti Abbey

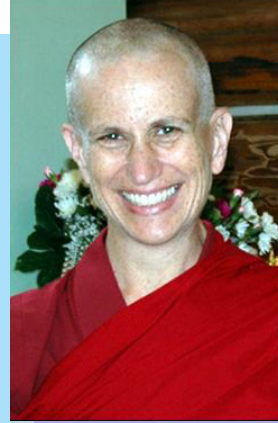
A Buddhist Monastic Community
Creating Peace in a Chaotic World
Newport, Washington
one hour north of Spokane and Coeur d'Alene



2006 Winter Retreat Opportunities

“Rejoicing and Giving Thanks” Retreat November 24 - 26

This holiday weekend offers a wonderful opportunity to reflect on the kindness of others and to rejoice in virtue. Ven. Tenzin Chokgyi, who has spent most of the last six years in meditation retreat, will lead the retreat. The retreat is suitable for beginners as well as experienced practitioners and will include meditation, Dharma talks, and guided discussion. Come early and take the 8 Mahayana Precepts with us on Thanksgiving Day!



Bhikshuni Thubten Chodron

Precious Garland Geshe Jampa Tegchok December 16 – 26

Khensur Rinpoche, Geshe Jampa Tegchok will teach *The Precious Garland* at the Abbey for ten days in December. A Geshe Lharampa and former abbot of Seraje Monastery, Khensur Tegchok is the author of *Transforming Adversity into Joy and Courage* and one of Ven. Chodron’s teachers. He is also a member of the Abbey’s advisory board. We are honored and privileged that he will teach Nagarjuna’s text on the path to enlightenment. Although these teachings occur in the initial days of our three-month winter retreat, people who are not attending the retreat are welcome to stay at the Abbey during this time. You may also stay elsewhere and come to the Abbey during the day for the teachings. Please register if you would like to stay at the Abbey.

Chenresig Three-Month Retreat Dec 13, 2006 to March 15, 2007

Sravasti Abbey’s annual, 3-month retreat will be on Chenresig (Avalokiteshvara), the Buddha of Compassion. Participants must come for the entire period and should have received the initiation (*wong*) of 1000-Armed Chenresig which enables them to do the self-generation practice of the deity. The schedule includes six daily meditation sessions and retreatants share in cleaning and other chores. The retreat is conducted in silence. The Abbey is a wonderful place to do retreat—the environment is quiet, there are forests and meadows to walk in, and a teacher and retreat helpers support you so that you can focus on meditating and practicing.



All retreats are offered on a dana basis.

A deposit is required to hold your place.

Look for retreat details and registration information under
“Calendar & Events” at www.sravastiabbey.org.