Drikung Dharma Surya Center 5300 Ox Road Fairfax, VA 22030 703.273.5189

drikungdharmasurya.org drikungdharmasurya@gmail.com



MEDITATION RETREAT

CALM-ABIDING SHAMATHA & INSIGHT VIPASSANA

TEACHINGS, INSTRUCTIONS AND PRACTICES



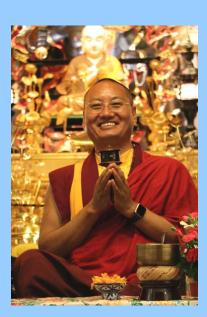
CO CONTROL OF THE PARTY OF THE

SATURDAY, 20 JULY 2019 10 AM to 4 PM

SUNDAY, 21 JULY 2019 10 AM to 12 PM Noon



- Body Meditation
- 7-Point Posture of Vairocana
- Watching the Breath
- Visualization of Objects
- Mind Meditation
- Analytical Meditation
- Non-conceptual Meditation
- Faults of Meditation



Samsara
Bodhichitta
Samadhi
Relaxation
Cutting Through
Letting Go
Increasing Effort
Nirvana
Selflessness Bliss
Emptiness

Registration at door to cover mortgage, utilities, and maintenance expenses.

Donations are always gratefully appreciated.

No one turned away for lack of funds

For more information please contact: drikungdharmasurya@gmail.com

Tri Bui: 703.926.1423

Lance David Bergerson: 443.794.5560