

Mindfulness Meditation Centers & SDC • Retreat Schedule 2012

Florida	Dec 28-6	10-Day Vipassana Retreat: Transcending Suffering	Michael Gregory
Colorado	Jan 13-15	Tantra Retreat: The Union of Emptiness & Compassion	Phillip Hedrick
Florida	Jan 27-29	Tantra Retreat: The Union of Emptiness & Compassion	Phillip Hedrick
Colorado	Feb 10-12	Mindfulness of Breathing	Liana Pomeroy
Florida	Feb 17-26	10-Day Buddhist Dream Yoga & Lucid Dreaming Retreat	Michael Gregory
Colorado	Mar 16-18	Sublime Beauty: Meditation on the 4 Immeasurables	Michael Gregory
Florida	Mar 23-25	The 4 Noble Truths	Phillip Hedrick
Colorado	Apr 14-15	OM Kids: Children and Family Retreat	Kathy Della Mia
Florida	Apr 21-22	OM Kids Children and Family Retreat	Kathy Della Mia
Colorado	May 11-13	The Seven Factors of Awakening	Michael Gregory
Florida	May 18-20	Sublime Beauty: Meditation on the 4 Immeasurables	Michael Gregory
Florida	Jun 15-17	Yogic Subtle Body Retreat	Karen Andersen
Colorado	Jun 22-24	The 4 Noble Truths	Phillip Hedrick
Florida	July 1-30	30-Day Dzogchen Retreat	Michael Gregory
Colorado	Aug 10-12	Lam Rim: Stages of the Path to Enlightenment	Michael Gregory
Florida	Aug 24-26	The Seven Factors of Awakening	Michael Gregory
Colorado	Sep 7-9	Mindfulness Based Stress Reduction	Michael Gregory
Florida	Sep 21-23	Mindfulness Based Stress Reduction	Michael Gregory
Colorado	Oct 5-7	Waking Up in In-Between the States of Death and Birth: The Bardo Retreat	Michael Gregory
Florida	Oct 19-21	Waking Up In-Between the States of Death and Birth: The Bardo Retreat	Michael Gregory
Colorado	Nov 2-4	Mindfulness Based Addiction Recovery	Michael Gregory
Florida	Nov 16-18	Mindfulness Based Addiction Recovery	Michael Gregory
Florida	Dec 7-9	Annual Calm-Abiding Retreat	Thomas Guthrie
Colorado	Dec 14-16	Annual Calm-Abiding Retreat	Thomas Guthrie
Florida	Dec 27 - Jan 5	10-Day Vipassana Retreat	Michael Gregory & Phillip Hedrick

Both audio and video recordings of these and past years' retreats are available through our sites:

www.mindfulmeditation.info or www.summitdharmacenter.org.