



Summer Retreats



During our July retreats, we join together in deepening connection with ourselves, each other and the abundance of the natural world. Please join us for summer retreat at Mountain Lamp, a time when our days of meditation are supported by the lushness of the summer garden, the ripening of berry and fruit, and the song of the hermit thrush.

Ancient Bones

Zen Retreat with Jack Duffy, Roshi

July 19 - 23

Deep River, Clear Streams

Mindfulness Retreat with Eileen Kiera

July 26 - August 1

See page 2 for arrival / departure times and registration

Arrival & Departure Times

Ancient Bones

Arrival July 19, sitting and orientation begins at 4:00 PM
Departure July 23, 2:00 PM

Deep River, Clear Streams

Arrival July 26, arrival and registration begins at 4:30 PM
Departure August 1, 1:00 PM

Cost

Ancient Bones

\$250 Indoor sleeping

Deep River, Clear Streams

\$430 Indoor sleeping

Attending Both Weeks

\$600

All meals are included in Retreat Fees

5% discount for Circle of Friends

10% discount for Campers

5% discount for early registration (before June 19 2014)

\$100 early registration deposit is non-refundable. Any other portion of fees is refundable until 19 June.

Meals

all meals are vegetarian, please note medically prescribed diet

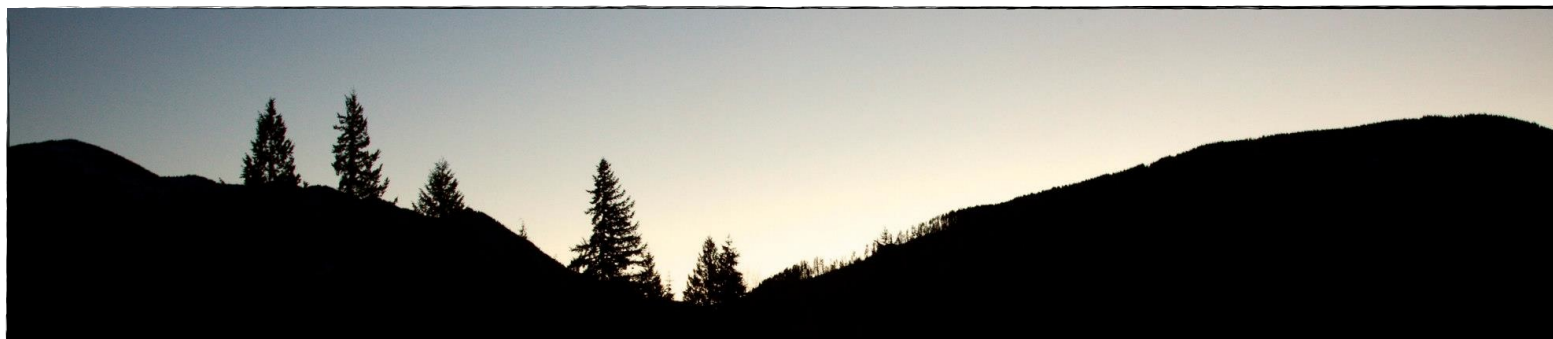
Sleeping

shared indoor or outdoor camping

What to Bring

- ☐ warm sleeping bag
- ☐ bottom sheet
- ☐ pillow
- ☐ towel
- ☐ flashlight
- ☐ alarm clock
- ☐ meditation clothes
- ☐ work clothes
- ☐ rain coat
- ☐ umbrella
- ☐ warm sweater
- ☐ hat
- ☐ gloves
- ☐ walking shoes
- ☐ boots
- ☐ personal toiletries
- ☐ tent if camping


Please Register at mountainlamp.org



How to Contact Mountain Lamp

 ml-info@mountainlamp.org

 mountainlamp.org

 (360) 592-0600

 Mountain Lamp Community, PO Box 512, Deming, WA 98244