



# Sati Retreats

With Eileen Kiera & Senior Students



**Sati: True Understanding Is Gold with Eileen Kiera**

**April 8 - 14**

**Anapanasati Sutra with Sheila Canal & Mike Melancon**

**May 10 - 14**

**Sutra on Knowing the Better Way to Live Alone with Kate Marcheskova & Suzanne Cooper**

**July 19 - 23**

**Satipatthana Sutra with Eileen Kiera**

**Aug 30 - Sept 4**

**Location: Mountain Lamp Community, Deming, WA**

## Fees

Number of retreats attending	Fee
1 retreat	\$350 each
2 retreats	\$300 each
3 retreats	\$275 each
4 retreats*	\$250 each
*register for all 4 at once	\$1000

\* 5% Camping Discount

\* Canadians! 15% discount due to the current exchange rate. Not applicable with CoF or camping discounts.

Please register online at [mountainlamp.org](http://mountainlamp.org)



Eileen Kiera received Lamp Transmission as a Dharma teacher in 1990 from the Ven. Thich Nhat Hanh and has spent the past 21 years teaching the Dharma. Over the years she has led retreats in the U.S., Mexico, Europe, Canada and Australia. Her primary focus is in support of lay Dharma practice in the Pacific Northwest.



Kate Marcheskova has studied and practiced in the tradition of Thich Nhat Hanh for over 20 years. She ordained in the Order of Interbeing in 1996, receiving the Dharma name True Lotus of Understanding. Kate has helped form sanghas in Seattle and Mexico City. She has studied with Eileen Kiera for many years and considers Mountain Lamp her spiritual home.



Sheila Canal, True Spiritual Understanding, went on her first retreat with Thich Nhat Hanh in Spring, 1991. There she met Eileen Kiera and found a spiritual home and practice. Decades of devotion to Thay's teachings, the mindfulness trainings and caring for family, friends and community has helped change internal fear and anger into gratitude for life.



Michael Melancon was introduced to Thich Nhat Hanh's teachings in 1996, when he first took refuge in Buddha, Dharma, and Sangha. Since 2001, Mike has studied and practiced with Eileen as his Teacher. He was ordained by Thay and by Eileen into the Order of Interbeing in 2005. The capacity for waking up to who we really are is what first drew Mike to the Dharma in 1991.



Suzanne Cooper has been studying and practicing with Eileen Kiera for over 10 years, & has been a student of Thich Nhat Hanh's for 20 years. She recently retired from a medical career spanning 40 years & during that time, started one of the first Mindfulness Based Relapse Prevention groups in the country, for people recovering from chemical dependency.