

# Cultivating LovingKindness

A Silent Meditation Retreat for Women with Paige Cogger

May 27 – May 31, 2020

Buckhorn Springs Retreat Center, Ashland, Oregon



In the silent presence of other women, held by the Earth and our own awareness, we are invited to relax into the direct experience of our true nature.

This intimate retreat for women practitioners is devoted to our shared practice of spacious, open awareness. Within the sacred container of noble silence, our retreat schedule includes dharma talks, sharing in the circle of women, gentle yoga and one-on-one meetings with the teacher as well as generous personal time for rest, walking on the land, and sitting beside lovely Buckhorn Creek.

Guided and silent sitting, walking, and movement meditation/gentle yoga supports relaxed presence. Traditional practices of forgiveness and lovingkindness meditation invite recognition of the beautiful qualities of our true nature.

**Paige Cogger:** "I bring 25+ years of in-depth Yoga and Meditation experience to the teachings. The path of growth, self-discovery and waking up to the truth of being, takes precedence in my life. My intention is to support others on the path with skill, compassion and humility. I offer a deep bow of gratitude to all of my beloved teachers and particularly wish to honor Robert Beatty (founder of Portland Insight Meditation Center and much loved teacher within the Insight tradition) as my primary teacher. It is from Robert that I have received formal Dharma transmission, a blessing for and acknowledgment of, my role as a teacher of Meditation and a wise approach to wellbeing. "

**Dana:** Paige offers this retreat as her practice of the ancient tradition of Dana (Generosity). Participants will have an opportunity to practice Dana with a contribution of support for the ongoing work of the teacher.

**The four night Retreat begins with Wednesday dinner and ends at noon Sunday after our Closing Circle.**

**Rooms:** Buckhorn offers unique rooms in their restored lodge, in 1 or 2 bedroom cabins and in the Toft House. Each accommodation is unique, some with private baths, some shared baths, and some with a shared separate bathhouse. Some accommodations have kitchens. We also have a few camping spots available for those who wish to bring their own tents and camping equipment. Please contact Nancy if you might be interested in this option.

**Food:** Buckhorn's vegetarian food follows the seasons, cooking with fresh and organically grown food. The meals are served buffet style. Breads and desserts are always homemade, and all the food is prepared with dedication and heart. People with food allergies and or special food needs beyond dairy and gluten free options should request accommodations with a kitchen option.

**Registration:** Please print out and complete the application form (attached) and mail in with your full single or shared room retreat fee. A confirmation letter will be sent upon receipt of your application.

**Please see** application for costs and cancellation/refund policy). **The balance of all retreat fees will be due by April 30<sup>th</sup>, 2020.** (If wishing to register beyond 4/30/2020, please contact Nancy Wilkins ASAP about availability).



### **Buckhorn Springs Retreat Center:**

Twenty minutes south of Ashland, Oregon, the beautiful retreat center is in a peaceful, rustic setting, nestled in its own small valley with year around creeks, old oaks, conifers, and open meadows. Listed on the National Register of Historic Places as a Historical District and within the Cascade Siskiyou National Monument, the Buckhorn Springs resort of 280 acres has many hiking options. The Retreat is held in a beautiful 12-sided circular shaped building with radiant heated wood floors and large windows located in a meadow near the confluence of the Buckhorn and Emigrant Creeks. The dodecagon has abundant natural light and a warm and cheerful feel.