
FALL RETREATS

Meditation Weekends

Sept. 28-29 & Nov. 2-3

Enjoy peak Vermont foliage and peak spiritual awareness in long moments of silence. This two-day retreat will be led by Theravada Buddhist Monk, Bhante Rathana, from Sri Lanka.

The focus will be on personal spiritual awareness through meditation, spiritual reading and long moments of silent contemplation.

Rates

Commuters (retreat + 5 meals)	\$115
Overnight guests (incl. retreat & meals)	
1-night (9/28 or 11/2)	\$300
2-nights (9/27 & 28 or 11/1 & 2)	\$480

\$100 deposit requested by 9/15.

Donations supporting the not-for-profit work of our resident Buddhist Monk, Bhante Rathana, are greatly appreciated.

Please contact us for details.



The Presence Process

Oct. 11-15

This 4-day retreat amid Vermont's Green Mountains will offer a progressive process for acquiring *present moment awareness*, a successful means of integrating emotional experience into full awareness of our true Presence.

A marvelous set of emotional tools will be presented which help us to escape "a mentally-driven nightmare" in which we recoil from ghosts of the past and imagined phantoms from our future.

Purpose: learning to trust our *Divine Inner Presence* and healing our inner child.

Rates*

Commuters (retreat + 11 meals)	\$495
Overnight guests (incl. retreat & meals)	
4-nights (10/11, 12, 13 & 14)	\$1150

\$250 deposit requested by 9/15.

*(All rates include pre-retreat delivery of the book "The Presence Process — Revised Ed.")

"Out of The Matrix" Retreat

Oct. 18-20

Contact Tony Senf for details:
tony@outofthematrix.org

Email us at info@dumainehouse.com
to make your reservation today!
(or call us: 802-368-2015)

THE DUMAINE HOUSE



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