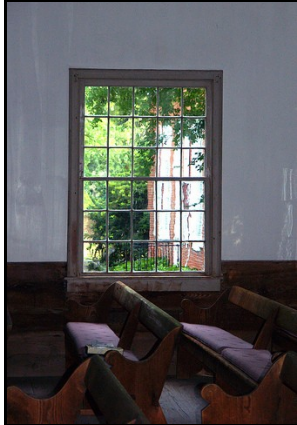


The Power of Presence

A One-Day Silent Meditation Retreat

Suitable for both beginning and experienced meditation students, the silent meditation retreat includes guided meditation periods, silent sitting and walking meditation, and a dharma talk with a question-and-answer session.



When: Saturday, June 5, 2010 from 9:00 am – 4:00 pm

Where: Unitarian Universalist Fellowship at Salisbury, 2812 Old Ocean City Road, Salisbury, MD

Teacher: Larissa Kitenko, founder of The Salisbury Meditation Group and a longtime practitioner of Insight Meditation will lead *The Power of Presence* meditation retreat.

“The practice of meditation is based on cultivating a present-centered awareness – mindfulness – which leads to an unfolding of our natural wisdom and compassion.”

Larissa studies and practices Buddhism in the Theravadan tradition, is currently participating in a two-year Dharma Study program at Spirit Rock Meditation Center in California, and works under the guidance of one of the members of its Teachers Council. She is also in teacher training with Tara Brach, PhD, the founding teacher of Insight Meditation Community of Washington, DC. Larissa has been teaching throughout the Eastern Shore for many years.

Registration is encouraged as space is limited to comfortably accommodate each person. You may register by phone, email or by mailing the form below.

Fee - No registration fee; there will be an opportunity to make a donation towards the support of the practice of the teacher & for Unitarian Universalist Fellowship at Salisbury.

Bring cushions & pillows, a bag lunch & drink; chairs will be available.

Contact Larissa by email at lkitenko@yahoo.com, calling 410-430-2005 or mailing the below:

MAIL REGISTRATION TO - Larissa Kitenko, 7937 Laurel Lane, Denton, MD 21629

NAME(s) _____

ADDRESS _____

PHONE (best #): _____ EMAIL _____