
Wholehearted Living:

cultivating freedom for ourselves and our world

July 24-28, 2019

a silent four-day or weekend retreat on the grounds of the Loretto Community



How do we cultivate a practice of liberation and compassion for ourselves and others? How can our lives be transformed by exploring the “three commitments” of Buddhist practice — the commitment to discover freedom for ourselves, the commitment to care for all people and beings, and the commitment to embrace the world?

This residential retreat offers two options:

- Wednesday evening July 24 - Sunday noon July 28 — In this four-day retreat the first two days we will dedicate our time to deepening our meditation practice. During the weekend portion we will continue in silence and be devoted to an exploration and meditation of the “three commitments.”
- Friday evening July 26 - Sunday noon July 28 — For those people we who cannot get away during the week, the silent weekend time will be devoted, as stated above, to the “three commitments.”

Retreat leaders are Glenda Hodges-Cook and Phil Lloyd-Sidle. There are limited spaces for this retreat. Bedrooms are a mix of single rooms and shared rooms. Participants might have to share. The cost for the full four-day retreat is \$250. For the weekend it is \$150. This covers accommodations and meals. Dana is welcomed. Scholarships are available. You can register at <http://www.louisville-vipassana-community.org> website on the “Retreats” page. The deadline for registration is June 15. For questions and other details, please call Phil at 502-681-4386.