

Exploring Our Spirit:

A weekend of Meditation for Gay, Bisexual, Transgender & Questioning Men with Larry Yang

All Men who identify as Gay, Bisexual, Transgender, and/or Questioning are invited to a weekend of meditation, healing, and connecting with ourselves and ourGBTQ brothers. The practice of mindfulness from the Buddhist tradition deepens our insight into truth about ourselves and the conditions in which we live, while cultivating an open and gentle heart. The retreat is centered in developing wisdom and compassion to create the possibility of more happiness and freedom in a too often homophobic society.

Mindfulness will be experienced through silent sitting, walking, movement, and eating meditations, and mindful group circle sharing. The retreat offers a unique opportunity forGBTQMen to be together in spiritual community.

Open to all levels of meditation—new, beginner, or experienced. You do not have to call yourself a Buddhist to benefit from meditation. Please join us, get on a cushion or chair, and see for yourself.

Friday, Jan 12 to Monday, Jan 15

Saratoga Springs Retreat and Conference Center

Cost and Registration:
The registration fee is \$ 275

Please note that registration fees for this event cover only the accommodations, meals, and use of the facilities, and not the involvement of the teacher. Following a 2,600 year old tradition, the Teachings of the Buddha are regarded as priceless, and they are offered without charge. You will be invited into a practice of *generosity* or "*dana*," which is the contributing of voluntary donations at the end of the retreat to support the teacher.

To register: call 800-655-7153, visit website: www.SaratogaSprings.com/gaylife, or mail deposit + form (reverse side).

Saratoga Springs Retreat Center is nestled in a private 260-acre scenic valley, high in the beautiful hills of Northern California. It is just 2½ hours from Sacramento and the San Francisco Bay Area. For information, description, photos, and driving directions visit their website above.



Larry Yang leads meditation retreats and groups for LGBTQ communities, People of Color, Men's groups, people in recovery from addiction, and other diverse communities. He is trained as a psychotherapist and consults in cultural diversity. Larry is a Spirit Rock Community Dharma Leader and is in teacher-training with Jack Kornfield. He has recently returned from a six month practice period in Southeast Asia as an ordained Theravadan Buddhist monk, with travels in Thailand, Nepal and India.

“Exploring Our Spirit” Registration Form

Jan 12 to 15, 2007

Sign me up for a weekend of Meditation forGBTQ Men

Name:

Please print

Address

City

State

Zip

Phone

Email

Registration Fee (lodging, meals, use of facility) \$ 275.00

Total \$ 275.00

Lodging to be reserved on the phone, web or by mail.

The weekend includes Dinner Friday 7PM
Breakfast, Lunch, Dinner Saturday & Sunday
Breakfast, Lunch Monday Check out 3 PM

Meditation Workshop will be done on donation basis (cash or check).

Lodging price is per person. If you plan to share a bed with a buddy, only one of you should order the bed.

For this event, celibacy is strongly requested for the duration of the workshop.

Saratoga Springs Resort will provide a bottom sheet only.

Please list any special needs you have such as vegetarian, allergies, special needs, etc.

No alcohol, recreational drugs and no pets allowed

Make your check payable to Saratoga Springs Resort and mail to:

**Saratoga Springs Resort
10243 Saratoga Springs Rd
Upper Lake, CA 95485**

or

Pay by credit card: (Amex, Visa, MasterCard or Discover)

For Registration Call 1-800-655-7153

or

www.SaratogaSprings.com/gaylife