

Reality on the Body's Terms:

An in depth exploration of somatic meditation

Gainesville Retreat Center Jan. 20-22, 2017



In this retreat we will join in meditation practices and teachings that focus on opening to the intelligence of the body, staying with what arises so that we may connect more fully with our deepest Self, with each other, and with the world around us.

About the teacher:

Jake La Botz is a senior teacher in the Dharma Ocean community. He has been practicing and studying meditation for 16 years within the Tibetan tradition of Chögyam Trungpa and has been a close student of Buddhist scholar and spiritual director of the Dharma Ocean Foundation, Reggie Ray, for over a decade.

For more about Dharma Ocean visit www.dharmaocean.org

For more about the retreat

Dave Kotinsley
352-514-6673

sleepy@davekotinsley.com
www.gainesvilleretreatcenter.com