

Energy Rides the Winds

An exploration of Anapanasati,
Meditation on Breathing,
April 6 - May 6, 2012
with **Bonni Ross**

This subtle and profound practice is potent for everyone. It is said to be the contemplation Gautama was engaged in as the experience of full enlightenment dawned, totally transforming him into Buddha. Since breathing defines our corporeal aliveness, as long as we are breathing, we can practice. This is good news; no special equipment or circumstances required!

We begin by developing one-pointedness of mind, the foundation of skillful meditation. This leads us quickly into a process of purification -- releasing the blocks and distortions of our energy body and defensive patterns and tension from the physical form. We begin to develop the ability to rest more durably in wholesome states of mind and to directly experience the interplay of mind and breath. As the focussed field of our awareness naturally expands, we discover, as all those who have explored the mystical path before us have done, the great Truths that transcend culture, belief and understanding rooted in intellect alone.

We will augment formal meditation with gentle methods to support our bodies' transformation and to facilitate the healing of negative emotional reactivity.

Participants should be in relatively good physical and emotional health. As usual, you are welcome to start at the beginning and stay as long as you can. However, preference will be given to those able to commit to the whole retreat.

Costs for accommodation, food, cook and travel are:

Members: \$57 per day, \$1710 for 30 days

Non-members: \$63 per day, \$1890 for 30 days.

In addition to this, participants make a payment of Dana to the Teacher. To register contact retreatcentre@wangapeka.org.

Bonni Ross will be also teaching in Nelson, New Zealand from January 2 until May 9, 2012. Please visit: <http://www.wangapeka.org/program/bonninelson.html> for her full schedule of classes or email: jane.hobday@clear.net.nz.



Bonni Ross began work as a meditation teacher and counsellor in 1978. She combines 30 years of study and practice in the Theravada and Vajrayana traditions of Buddhism with motherhood, experience in holistic therapies and Western Mysteries and a 16-year career as a strategic planning consultant to business and government.

She helped to establish Kia Zan (a residential treatment programme for kids with drug-related problems) in Winnipeg; served on the Board and taught at Karma Buddhist College in St. Catharines, Ontario; was a founder of Third Stream Co-op at The Toronto Waldorf School; has served as

Resident Teacher at the Dharma Centre of Canada in Kinmount, Ontario; and teaches in the U.S., Australia and New Zealand. She is founder and guiding teacher of the Sunshine Coast Retreat House near Vancouver, Canada.

Bonni's classes explore both the philosophical and theoretic foundations of the teaching of awakening, as well as providing practical and pleasurable methods for increasing awareness, kindness and wisdom in daily life. She also guides individuals interested in focused meditation and leads retreats for depth unfoldment.

For more about Bonni please visit:

www.retreathouse.bc.ca.

The Wangapeka Study and Retreat centre is a place to study and deepen the process of Buddhadharma: the teaching of Wisdom, Compassion and Non-Clinging Awareness. We are located in the foothills of the Southern Alps overlooking the Wangapeka River, about an hour and a half drive SW of Nelson. The retreat centre is surrounded by some of the most beautiful natural parks and country side in New Zealand. Established in 1975 under the guidance and inspiration of Ven. Namgyal Rinpoche, the Wangapeka has a full programme of retreats and classes each year. Teachers from New Zealand, Canada, Tibet, France and England give meditation retreats on a range of themes of Buddhadharma. We also have huts for solo retreats. Please visit our website for more information: www.wangapeka.org. Or our facebook group page: www.facebook.com/groups/28597644784/. E-mail: retreatcentre@wangapeka.org. Phone: (03) 522 4221.

