

Heart, Mind, Peace
A retreat for New Mexico sanghas (online)



Jan 31 – Feb 6, 2021
Teacher: Kim Allen

Retreat Schedule:

Sun, Jan 31	10:30am-4:00pm
Mon – Fri, Feb 1-5	7:00-8:00pm (plus there will be a morning practice to do on your own)
Sat, Feb 6	10:30am-4:00pm

To participate:

Yogis will attend both daylongs and at least three weeknights.

You are also welcome to sign up for an individual practice discussion (30 min) with Kim.

Description:

In our daily life, we are often asked to think, plan, and organize. We may yearn for the heartfulness we feel in our spiritual practice. In the Dharma, heart and mind are intimately connected in what is called the *citta* (“heart-mind”) – we don’t have to choose. In this retreat, we will explore what lies deeper than both surface thought and surface emotion, seeing how the *citta* can pervade our life both on and off the cushion. Peace is possible.

Teacher bio:

Kim Allen has been practicing Insight meditation since 2003, and has trained intensively in the US and Asia. Trained by Gil Fronsdal, she is a teacher at Insight Santa Cruz and offers Dharma programs, sutta study, and retreats in the US and Canada. Dedicated to a contemplative life of study and practice, she draws from a background in science, meditation, and creativity to offer classical Dharma in a modern context.

Kim’s website is uncontrived.org. She offers a monthly email contemplation – sign up [here](#).