

*The Annual three week
Crystal Mountain Retreat with*
Lama Mark Webber
**The Nature of
Community:**
*going into the heart of
communing with all*
July 10-31, 2010

The word community comes from the roots “together” and “gift” meaning to “exchange together” or “give amongst each other”. Which kind of gifts are we giving and receiving: anxiety, harm and confusion or clarity, intelligence and compassion? Are we really aware of what we are exchanging internally and to others?”



Lama Mark will guide participants on an in-depth exploration through meditations, group discoveries, classes and discussions around the themes of community, communing, meditation, liberation and learning.

As well as classes with Lama Mark, the first four to five days will include intensive explorations of body-mind awareness and physical integration through Feldenkrais guided by Jamie van Dam.



One, two and three week retreat options are available

For further information please call Jane at
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or email janemortiffee@telus.net

For information about Lama Mark please visit:
markwebber.org

For more information about Crystal Mountain
please visit: crystallmountain.org