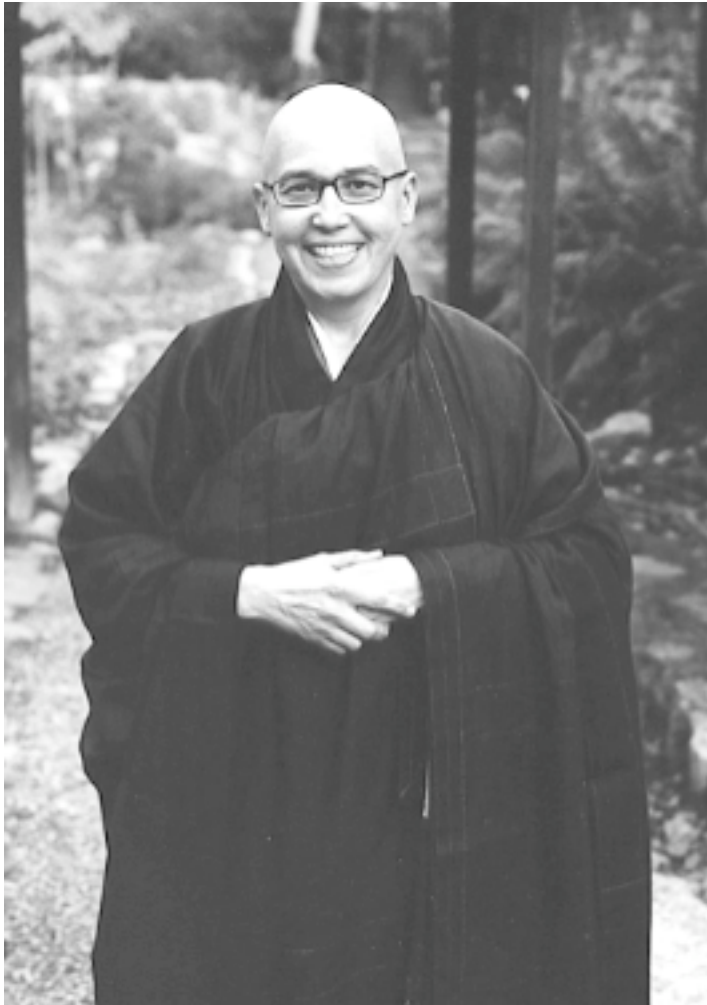


Insight Meditation Center of Pioneer Valley Dhamma Dena presents

Practicing in the Heart of Now: *A One-Day Retreat for People of Color* with Ryumon (Hilda Gutiérrez Baldoquín)



Ryumon (Hilda Gutiérrez Baldoquín) is a Soto Zen priest in the lineage of Shunryu Suzuki Roshi and a student of Zenkei Blanche Hartman Roshi. Born in Cuba of AfroSpanish descent, she is the founder of the People of Color Sitting Group at the San Francisco Zen Center and co-founder of the Buddhist Meditation Group for the LGBTQ community at The Center, also in San Francisco. Ryumon is a practice leader for the Zen Sangha at the Cerro Gordo Temple in Santa Fe, New Mexico and the editor of *Dharma, Color and Culture: New Voices in Western Buddhism*.

In the spirit of Suzuki Roshi's beginner's mind, we will explore the basic principles of Zen practice as we experience intimacy with breath in the stillness of the moment. Open to practitioners from all Buddhist traditions, the day will include periods of zazen and kinhin (sitting and walking meditation), a talk, group discussion, and optional individual interviews with Ryumon. Please bring your own vegetarian lunch. We will eat together in silence.



**Saturday, April 2, 2005
10 a.m. to 4 p.m.**

**No Registration Fee
Donations for the Teacher and
the Center are Welcome
(see description of Dana below)**

**116 Pleasant St, Suite 2310
Eastworks Building
Easthampton, Massachusetts
(enter thru doors on right side of main lot)**

**No pre-registration required
Call (413) 527-0388 for more
information**

Dana is a Pali word meaning generosity. In the days of the Buddha, the teachings were considered priceless and offered freely as Dana. In turn the community saw to it that teachers' basic needs of food, shelter, clothing, and medicine were taken care of. Teachers at Dhamma Dena are following this ancient model and rely on voluntary donations to support themselves. (In order to allow people of all backgrounds to attend, there will be no registration fee for this retreat.) At the end of the retreat, you are invited to "practice dana" by making a voluntary donation to support the teachers and the teaching. There is no set amount and any form of generosity is appreciated.

Insight Meditation Center of Pioneer Valley / Dhamma Dena is a non-residential urban center. Its mission is to offer the Buddha's teachings of liberation to all those who are interested and to those who want to sustain and deepen their practice. For further information visit us online at www.insightpv.org