

The Hermitage

A MEDITATION PRACTICE CENTER ON DENMAN ISLAND, BC



The Hermitage is a small, rustic, retreat centre located on an organic farm near the ocean. Our hearts are Buddhist and our approach is Western and non-sectarian. While our core values are deeply rooted in Tibetan Buddhism, we believe that all spiritual paths seek the same source, and welcome teachers from a variety of meditation traditions.

Many of our retreats are silent and include personal instruction and yoga. Massage is available upon request.

Surrounded by 60 acres of woods and fields, populated by deer and other wild creatures, the Hermitage is a nurturing, heart-based sanctuary. In the tradition of the forest monasteries of the East, meditators stay in small, private huts set among the trees and are free to choose to practice walking and sitting meditation at their own pace, in the midst of nature, as well as in our yurt.

Visit our website to find out more about us, explore our programs, and meet our teachers.



www.thehermitage.ca

2019 Retreat Schedule

May 1-5	Meditation for a Better Life
May 7-12	Inner Peace, Happy Heart, Awake Mind
May 17-22	Beginner Mindfulness Meditation and Yoga Practice
May 24-29	Zen Clarity
May 31-June 5	Opening the Heart through Metta Practice
June 7-12	Meditation and Love
June 14-19	Introduction to Dzogchen Meditation
June 21-26	Awaken: A Vipassana Retreat
June 28-July 3	Nying-tig-Chod Retreat
July 5-10	The Heart of Buddhist Meditation
July 12-17	Fluid Movement and Meditation
July 19-25	Kundalini Yoga and Meditation to Open the Heart
July 26-31	Cool Calmness: A Vipassana Retreat
August 2-7	Compassion and the Natural World
August 9-18	Awareness of the Wisdom Mind
August 19-28	Effective Engagement with the 8 Worldly Dharmas
Aug. 30-Sept. 4	Deconstructing Yourself
September 6-8	Thinking, Thinking: A Vipassana Retreat
September 13-18	Opening the Body for Stillness
September 20-29	Mahasi-style Vipassana Retreat
October 1-8	Samatha and Vipassana
Oct. 10-Nov. 9	Month-long Intensive Practice

