Loving Ourselves, At Long Last!

April 13-17, 2016

Petit Jean, Arkansas

Therese Fitzgerald was ordained as Zen priest by Richard Baker-roshi in 1986 and as a Dharma teacher by Thich Nhat Hanh in 1994. Therese has been teaching Dharma retreats around the country for over twenty-five years. Therese lives on Maui, where she works as a meditation teacher and Spiritual Care Counselor at Hospice Maui.

Loving Ourselves, At Long Last

Our five days nestled in the mountains at Petit Jean will be a time to let the love that flows naturally in such a place bathe us in its cleansing, refreshing waters. Buddhist teachings on love and self-awareness will be our guide and support; appreciation of each other on the Path, our inspiration; and solitude and silence, our wellspring.

Silence, meditation, mindful meals, Dharma discussion, mindful movement, and talks by and personal interviews with the teacher are the retreat conditions encouraging the cultivation of self-awareness and self-love.

Cherished hosts Helen and Rick Hargreaves lovingly hold our sacred space at Camp Mitchell, as they provide warm and comfortable accommodation, delicious vegetarian meals, and gentle care.

This retreat, held mostly in silence, is recommended for both beginning and experienced meditators drawn to inner work and contemplation.

Camp Mitchell is a serene retreat center located outside of Morrilton, Arkansas. Nestled in the Ouachita Mountains, the bluffs overlooking the Arkansas River Valley provide breathtaking views. It is a place to take quiet walks and kindle inspiration in the midst of nature.

For more information contact:
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Retreat costs: $230-$430 This includes all meals and accommodations (single or double rooms, dorm rooms or camping).

Registration and fees are due April 6. See Registration form for more information.

Silence is the ground supporting our effort, creating the most favorable conditions for introspection. We ask that you please maintain silence throughout the retreat, other than in "Dharma discussion" groups, to support the practice of reflection and contemplation.

Camp Mitchell on Petit Jean Mountain, Arkansas

Camp Mitchell is located 15 miles from **Morrilton, Arkansas,** or about 60 miles west of Little Rock.