



The Jhanas and Insight

*Dr. Lucinda Green
Leigh Brasington*

The Jhanas are meditative absorptions which assist in looking deeply into our true nature. While not enlightenment themselves, they help dissolve attachments and impediments to realization. The teaching will also provide instruction in insight practices.

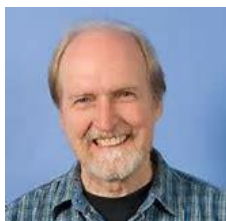
Leigh Brasington has been leading Jhana retreats since 1997. He studied under the Ven. Ayya Khema and authored *Right Concentration: A Practical Guide to the Jhānas*.

Dr. Lucinda Green also studied with the Ven. Ayya Khema and Ruth Denison. She founded Rocky Mountain Insight in Colorado Springs, Colorado, and has taught the Dhamma and led retreats since 1994. She is the author of *Pathway to Freedom* and *The Enlightenment Deck*.

Leigh and Lucinda have led Jhana retreats together over the years. Their teaching and leadership styles complement one another for deepening students' concentration and insight.

Pecos Benedictine Monastery is located in the Pecos River Canyon, 25 miles east of Santa Fe, NM. The property borders the Pecos river. This peaceful and beautiful setting, simple accommodations, and spiritual support of the monks and nuns provide a framework for deepening practice.

Cost is Dana for the teachers and manager and \$1,125 for room and board. Registration opens November 12, 2019 and will fill rapidly. Prerequisite: **For seasoned Dharma Practitioners only**. For more information and to register go to rockymountaininsight.org



Leigh Brasington



Lucinda Green

