

The Open Path welcomes **Bonni Ross** to Boise
Classes and Retreat September 7-20, 2016



BREATH AND DEATH

Mindfulness of the Ephemeral Nature of Life

Bonni Ross has 40 years of experience that is centered in the study and practice of the Theravada and Vajrayana Buddhist traditions, holistic therapies and the Western Mystery tradition. Bonni's classes explore the philosophical and theoretical foundations of the teaching of Awakening. These teachings provide methods for students to increase awareness, kindness and wisdom in their daily life. For more information about Bonni, please visit her web site at <http://www.retreathouse.bc.ca/>

"The question you must ask is 'why is this bubble of energy going to dissolve?'"

-The Song of Awakening, Namgyal Rinpoche

Coming into being and passing away...we see this vividly in every moment, in every breath, if we are looking clearly and honestly at our own experience. Reflecting on the reality of life and death is one of the Ten Recollections taught by Sakyamuni Buddha. A Canadian student who attended teachings in Dharamsala recently quoted His Holiness the Dalai Lama as saying: "When you go to Tibetan Monasteries, you see all these fancy deities and statues. If I had my way, I would put dead bodies in four corners. This would remind/teach people about impermanence."

During the teaching on Breath and Death, we will explore this theme in evening class, morning meditation, a weekend workshop in Boise, and then have the opportunity to deepen our experience in an 8-day silent retreat.

Morning Sitting Meditation: September 7th, 8th and 9th

Time: 9am to 10am

Location: Komyozan Dojo, 1922 N 21st St, Boise

Evening Classes: September 7th and 9th

Time: 7pm to 9pm

Location: Hyde Park Mennonite Church, 1520 N 12th St, Boise

Fee: \$25.00 per class

Workshop: September 11th

Time: 10am to 3pm (Bring a Sack Lunch)

Location: To be Announced

Fee: \$75.00

Retreat: September 13th through 20th, Location: St. Gertrude's Monastery, 465 Keuterville Rd, Cottonwood, Idaho. Fee \$850.00
Please register by August 20th.

For more Information and Registration, contact Cyrese Lingard at clingardens@gmail.com.

Dana (monetary donations) is given to the teacher every class and on retreat. Dana is how the teacher supports themselves and makes it possible for them to continue to give teaching.