



in cooperation with

**UNITARIAN SOCIETY
of GERMANTOWN**

**A Path of Happiness:
Vipassana Retreat *with* Oren J. Sofer
Mt. Eden Retreat Center ~ Washington, NJ**

Thursday October 13th - Sunday October 16th

During this four-day residential retreat, we'll explore Vipassana meditation as a balanced way of life, and as a path for Awakening. Emphasis will be given to developing an attitude of relaxation, kindness, and inquiry towards ourselves, and our moment to moment experience. As a residential course, this retreat will skills of awareness and to cultivate inner freedom.

This retreat is open to all levels of experience, and will include periods of sitting and walking meditation, question & answer sessions, and guidance in Qi Gong. Participants are asked to attend the entire retreat.

**To register, contact Kim at 267-225-7805, or
info@springboardmeditationsangha.org**



Oren J. Sofer is a teacher and practitioner of Buddhist meditation, Nonviolent Communication (NVC) and Somatics. He has practiced meditation in the Theravada Buddhist tradition since 1997, and is a long-time student of both Joseph Goldstein and Ven. Ajahn Sucitto. He holds a degree in Comparative Religion from Columbia University, and is a Somatic Experiencing Practitioner for healing trauma. His teaching brings a strong emphasis to living the path of awakening in our daily lives.
<http://www.orenjaysofer.com>

[Mount Eden](#) is the ideal retreat environment for groups requiring safe and sacred space and love and light filled hospitality. The retreat center has 189 acres of beautiful grounds, trails, and forests. We will be served three delicious homemade meals a day, made with local and organic ingredients. 90 minutes from Mt. Airy 60 minutes from Princeton and NYC..

Cost of the Retreat

All inclusive with meals

\$400 for shared rooms in main hall holding 2-7 persons, and cottages (some with kitchens) with 2-3 bedrooms. sleeping 2-6 persons.

A single space may be available for \$465. Please inquire.

In the Buddhist tradition of Dana, Oren Will receive donations for his teaching.

All are welcome – no one will be turned away for lack of funds.