

Daily Life Practice Retreat with Lienchi Tran & Liz Powell

Residential February 6 to 9, 2025 at Holy Spirit Retreat Center, ***followed by***

Non-Residential February 9 to 13, 2025 at home on Zoom

Hours: Thursday check-in is from 3:00 to 4:00 pm. Check-out: Sunday 12:00 pm.
End at home: Thursday: 12:00 pm.

Retreat Description:

This silent vipassana retreat offers a 3-night residential weekend at the Holy Spirit Retreat Center in Encino, CA, followed by 4 non-residential weekdays of practice at home. The retreat will emphasize continuity of practice from the cushion to daily life.

The 3-night long weekend at the retreat center will allow retreatants to settle into awareness of body, feelings and mind through sitting and walking.

The 4 days of home retreat via Zoom sessions that follow will offer encouragement to continue the practice of awareness in daily life at home and work. This will be supported by:

- a group sitting in the early morning
- a group check-in and dharma talk in the evening
- sittings and walking periods available throughout the day

This structure will allow those who have work and caregiving obligations to attend early morning and evening only, with the option to fit in extra sittings during the day as one's schedule allows.

More Information:

We will explore Vipassana meditation in the practice style of Sayadaw U Tejaniya. Sayadaw's approach is free from rigid forms, influenced by his previous life as a businessman, when he focused on Awareness, and a relaxed, gentle, continuous practice attitude throughout the day.

The retreat will support conditions for awareness to arise naturally; continuity of meditation practice regardless of your posture or location; and discovering wisdom and other beautiful qualities of mind and heart. Most importantly, you will learn to practice meditation at the retreat center in a way that you can continue to practice at home with the support of meditating on Zoom together and discussing home practice with the teachers.

The residential portion of the retreat will be held in noble silence (no talking), and yogis are expected to keep five precepts. The days include sitting, walking, work meditation, eating -- all the activities of daily life – and all of these are included in one's practice time. There is a Dharma talk and instruction given every day, practice discussion in groups, and the option to sign up for individual guidance.

Retreat Center: [Holy Spirit Retreat Center](http://www.hsrcenter.com/new/about-us/facilities.html); 316 Lanai Rd. Encino, CA 91436
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