



# WILDERNESS RETREAT

SEPTEMBER 5 – 11, 2008

Trinity Mountains, California

## Compassion and Insight Meditation with *Kali*

a silent retreat including inquiry work inspired by the Diamond Approach

This retreat which includes metta practices, inquiry and insight meditation, along with deep relaxation and dwelling in nature, will be suitable for the beginner as well as the more experienced yogi. With silence except for inquiry periods, resting, walks in nature and optional one on one meetings with Kali, this week will provide deep recreation and presence.



A native of Sweden, **Kali, (Franciska von Koch)**, offers meditation retreats based on the Buddha Dharma along with Dharmic psychology. A passionate lover of meditation with more than 25 years of practice she has been teaching Insight meditation, (Vipassana), since 2002 in Sweden, Europe and India, initially on invitation by senior dharma teacher Christopher Titmuss.

Kali is an educator in Voice Dialogue Transformational Psychology and has worked as a therapist since 1990. She is also a licensed minister in the Living Essence Foundation and has assisted the founder, Arjuna Ardagh, with this work.

Her previous life experience includes time spent in the 1970s with Sri Nisargadatta Maharaj and in the 1990s, with Sri Poonja. Presently she is sharing a deep connection with Shanti Mayi who strongly supports her teaching role.

Kali is a student of the Diamond Approach in the Italy group as well as a participant in the Dedicated Practitioners Program (DPP3), at the Spirit Rock Meditation Center with Sally Clough, Eugene Cash, Jack Kornfield and others.

More at: [www.dharmanow.com](http://www.dharmanow.com)

*"I find Kali's teaching to be lucid, realistic and unequivocally honest. Studying under Kali is a true blessing."*  
**Sara Avant Stover, yoga teacher, writer USA**  
*"Astonishingly powerful. Kali's warmth, humility + humanity add something priceless to the work."*  
**Ben Winston, writer + photographer UK**

### Silver Springs Mountain Retreat

is a remote wildlife sanctuary in a forest of pine, oak and fir, 5 1/2 hours north of San Francisco, at an elevation of 4400 feet, surrounded by the Shasta – Trinity National Forest.



View from Hawks nest



Open air meditation hall at Silver Springs Mountain Retreat

**Cost:** \$240-\$350 sliding scale includes camping or tent accommodations and wholesome vegetarian meals.

**Teachings:** are offered on donation basis and are received in cash at the end. (Limited to 20 participants)

**Information and registration:** phone: (707) 496 – 8840, email: [ssmr@gotnet.net](mailto:ssmr@gotnet.net) - [www.mountainretreatcenter.com](http://www.mountainretreatcenter.com)