

Intertwined: Gathering the Mind, Letting Wisdom Emerge

A Seven-Day Meditation Retreat with Brian Lesage & Robin Craig

*Offered by the Santa Fe Vipassana Sangha and
the Albuquerque Insight Meditation Center*



September 16 - 23, 2026

Our Lady of Guadalupe Abbey in Pecos, NM

In the early teachings, the Buddha points again and again to a mind that gently gathers and settles, becoming more unified, and to the quiet clarity that can open from within that steadiness.

On this retreat, we will practice in a way that supports calm and clear seeing to mature together as intertwined qualities of heart and mind that naturally support one another.

We will be offering guidance for stabilizing attention within a spacious silence and along the way, we will also explore simple ways of gladdening the mind, nurturing the kind of ease and receptivity that allow collectedness to deepen. As the mind becomes more collected, we will explore how liberating understanding can arise through simple, direct experience, noticing reactivity as it forms, sensing impermanence in real time, and becoming more intimate with the possibility of release.

The emphasis throughout is straightforward and compassionate: to allow the mind to gather to whatever degree that it does, and to let wisdom unfold from that steadiness.

Held in silence, the retreat includes sitting and walking meditation, daily meditation instruction, Dharma talks, and practice discussions with the teachers. Suitable for both beginning and experienced meditators.

Our Lady of Guadalupe Abbey is about 30 miles east of Santa Fe. It is on the Pecos River surrounded by juniper forest native to the area. The Center is isolated and large enough to provide for seclusion and the quietness needed to support the practice.

The Retreat will begin at 4:00 pm on Wednesday, September 16, and complete around noon on Wednesday, September 23, 2026.

Accommodations: Accommodations are simple rooms with private bathrooms. Vegetarian meals will be provided from dinner on Friday evening through breakfast on Friday morning. A full meal will be served at lunch, with light breakfast and evening meals. We can accommodate some special dietary needs, but not all. Please check with the contact person below if you have special needs of any sort.

Please bring your preferred sitting equipment: zabuton, zafu, bench, and/or back jack. Chairs are available.

Dana: Since the time of the Buddha, the teachings have been given freely, as they are considered to be priceless. This 2,600- year-old tradition is today sustained with the practice of *dana*, which allows yogis to offer support to their teachers, who receive no other financial compensation. There will be an opportunity to offer *dana* at the end of the retreat, so please have either check or cash available for your offering.

Fee: The fee for the retreat is a sliding scale of \$850 to \$1,200. The estimated cost to our sangha for the retreat is around \$1,050. Please pay as much as you can so that we can offer this retreat to all regardless of their financial situation. Payment plans and scholarships are available so that anyone interested will be able to attend. If you need scholarship or deferred payment information, please send your queries to Sarah Grant, sarahcrawfordgrant@gmail.com AND Francesca Morfesis, fmorfesis@gmail.com

Registration: To register for this retreat, please fill out the questionnaire using the link below. Within 7 business days, you will receive an email acknowledging the acceptance of your questionnaire and admission into the retreat. To secure your place, you will need to pay a non-refundable deposit of \$150 within 2 weeks of your acceptance email.

Questions? Please email Sarah Grant: sarahcrawfordgrant@gmail.com and Francesca Morfesis fmorfesis@gmail.com Please allow up to 7 business days for a response. Thank you.

[CLICK HERE TO REGISTER](#)

Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada, and Tibetan schools of Buddhism. He was ordained in the Rinzaï Zen tradition in 1996. His training in Vipassana Meditation includes extended retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma. For more information, go to <https://liberatingawareness.com/>

Robin Craig is a teacher in The Mind Illuminated tradition, which is rooted in Theravadan and Tibetan Karma Kagyu traditions with lineage to the Venerable Ananda Bodhi. She brings her understanding of the physiology of resilience to her meditation practice and supports a joyful

exploration of the deep spirituality and interconnection that is ours by nature. She is also a Licensed Professional Counselor and Faculty of Organic Intelligence®. For more information, go to <https://findingthewayout.com/>