

SALIDA  
INSIGHT  
MEDITATION

COMMUNITY

# Exploring Wise Speech through Relational Meditation

*A Weekend Retreat with Brian Lesage*

**Saturday April 26th 9-4 & Sunday April 27th 9-3:30**  
**Mt. Princeton Hot Springs Conference Center, 15870 CR 162**

**Designed for beginners and experienced practitioners alike**

**This retreat will explore how to interweave meditation with our communication, bringing greater awareness and presence to both speaking and listening. By cultivating this quality of mindful presence, we can more easily respond with wisdom and compassion, potentially transforming our interactions with others.**

**The retreat will include a blend of silent meditation, walking meditation, and meditative exercises involving mindfully speaking and listening to each other. These practices will draw inspiration from classical Buddhist teachings on Wise Speech.**

*Reserve your spot with the QR Code or email  
Sangha@salidasangha.org for the link.*



**My passion is liberation... liberation of the heart.**

**I dedicate myself to this liberation by practicing and teaching Insight Meditation, a Dharma path that frees the heart and mind. I offer the teachings of these traditions in a way that is relevant to contemporary lives.**

