

Retreat Testimonials :

Arrive with a full and busy head, leaving behind e-mail, phone calls "to do" lists and all of the other routines. Settle into a cozy hut in a garden, breathe, begin to listen. Dinner would be delicious anyway, but perhaps when this one comes you already taste it more. Form an intention, sit with your guide to the inner landscapes, and travel, mostly along a pathway customized for you.

Sleep a little deeper, dream, greet the day with purification, rhythm and purpose, yet nearly empty - open to what will arise. Sit with the guide, with a question, with silence. Build a simple breakfast. Use today's menu to structure the journey, walking when you are stiff from sitting. The simple lunch you make will be surprising, like that apple that astonished you on a long hike one day. Notice the space between your thoughts, sounds of birds and insects you usually hurry past. Things will open to you. There may be long moments looking in awe at a drop of dew, or a rose in the garden. Dinner comes again, even more of a gift, as you take less for granted by now.

Perhaps some sacred music as the sun goes down, a recorded teaching, some tea. Listen- what you are ready for will come. Great beauty, beyond capture or description, will punctuate your experiences. You have been here before, but maybe long ago.

Repeat.

Sharif Brian Gilbane / Berkeley

"Retreats with Risala have been incredible experiences. I have done three day and 10 day retreats. The depth the practices Risala has planned has led me to a myriad of states and experiences that would be difficult to describe with words alone. She has the days planned out for you, but there is plenty of room to tailor your personal needs into the process. I look forward to these retreats every year when I can schedule them. Thank you, Risala, for your wisdom and love through these experiences".

Wahab Chris Nettleton / San Leandro