

Milarepa Center

Living the Path:

One-Day Retreats that Incorporate Mindfulness and Meditation to Support Peaceful Compassionate Living

with Ven. Amy Miller

July 14

August 25

September 15

Appropriate for all levels, these one-day retreats lend a sense of calm, flexibility, and perspective to our normally frantic lives. Please call (802) 633-4136 to register.



9:30am-4:30pm.

By donation.

Lunch provided.



Milarepa Center also offers meditation courses, retreats, and healing practices in serene beauty. Cabins, camping, group rentals, work study, and family camp are available. For details on all of our events and programs, please visit:

www.milarepacenter.org