

## **Awareness and Wisdom Integrated Home Retreat (Online Zoom format)**

Taught by Andrea Fella

Assisted by Dawn Neal

Inspired by the teachings of Sayadaw U Tejaniya.

March 9-15, 2025 (Sunday to Saturday)

[Click here to register](#)

During this weeklong online retreat we will explore a relaxed open awareness with an emphasis on exploring qualities of mind, and the attitude towards one's experience. Such an open awareness practice supports both the formal meditation of sitting and walking, as well as awareness of our normal daily activities. The emphasis for this week will be exploring integrating awareness into our whole day and all activities.

This event requires registration. [Register here](#). After registration, you will receive the Zoom link information. Please contact Yosh Haggerty to register at [yosh.haggerty@gmail.com](mailto:yosh.haggerty@gmail.com).

To support the practice during this online retreat, Andrea asks that you commit to attending all seven daily instruction sessions when you register. Each day, there will also be an optional discussion and Q&A session.

Schedule (times are given in Pacific Daylight Time):

7:00 – 9:00am Instruction, Guided Meditation and Discussion (includes a short break)  
(Please commit to attending this session each day)

3:30 – 4:30pm: Optional Discussion and Q&A session

[Click here to register](#)

Andrea Fella has been practicing Insight Meditation since 1996, and began teaching meditation in 2003. She is particularly drawn to intensive retreat practice, and has done a number of long retreats, both in the U.S. and Burma. Andrea teaches residential retreats for IMC, and at other centers around the country.