

Personal or Solo Meditation Retreats

Cochise Stronghold Retreat Center offers a contemplative, natural environment for personal meditation retreats set in the wild beauty of Cochise Stronghold Canyon under the guidance of Upasaka Culadasa in a supportive community.

While Buddhist meditation forms the backbone of our practice, we embrace all spiritual traditions and secular practice as well. Meditators of every tradition, or none, are welcome.

Retreat Location

Cochise Stronghold Retreat Center is located on 5+ secluded acres, high in the historic Cochise Stronghold Canyon of southeastern Arizona's Dragoon Mountains. Coronado National Forest trails are easily accessed from the property.

The Community

Most Sunday mornings, members from the local community and Tucson gather for teachings by Culadasa, silent meditation, walking meditation and a pot luck lunch. Solo retreatants are welcome to join in the group's discussion and meditations if they wish.

Silence

All retreatants at Cochise Stronghold observe noble silence during retreat. The community is well versed in supporting retreatants in their practice of silence.

Schedule

As a solo retreatant, you will work with Culadasa to establish a daily schedule that meets your needs and respects the needs of other retreatants. Schedules normally include time for sitting and walking meditation practice, rest, exercise, meal preparation, meditation interviews, work service to the land and community, and personal time.

For maximum benefit, it is recommended that solo retreats be at least seven days' duration.

Meditation Interviews and Guidance

Culadasa is available to all solo retreatants for practice advice. This is an excellent opportunity for you to take advantage of personal guidance from a true meditation master. Culadasa has extensive experience guiding meditators from a diversity of backgrounds.

Facilities

All buildings have electricity and all the residential buildings have hot and cold running water.

The Meditation Yurt

The meditation yurt is dedicated solely to the practice of meditation. Group and individual meditation, Dharma talks by Culadasa, and “Uposatha” observances on Sunday.

The “Cook Shack”

The “cook shack” is a self-contained kitchen for the use of solo retreatants and gatherings of the Dharma Treasure community. It has all the equipment you would need to store food and prepare meals. An outdoor dining area, adjacent to the cook shack, provides shelter from the sun and rain. Warmth in the winter is provided by a wood stove.

The Casita Manzanita

The Casita Manzanita is a completely independent residence with a full kitchen and private bathroom which can house up to four retreatants. It is fully furnished with two queen size beds and a single futon. One bed is in a private bedroom. There is space here for yoga or meditation as well.

The Dharmatory

Dedicated to housing retreatants, for a portion of the year, this 700 sq. ft. yurt houses up to five residents. With pine floors and high ceiling, it is a lovely space in which to stay during a retreat. Here, you are close to nature; the exterior wall, constructed of architectural fabric, lets the sounds of birds in and the round dome skylight allows a view of the stars at night.

Camping

Space is available on the center property for those retreatants who wish to camp during their stay. Campers have use of the meditation yurt, toilet and shower facilities, and the cook shack.

Meals

All solo retreats are self-catered. Solo retreatants bring basic foods with them when they arrive. Advance planning on your part will help meal preparations go smoothly.

Those who use the cook shack are asked be mindful and maintain noble silence, respecting other meditators who may share the space.

Cooking simple meals and always cleaning up after yourself are essential. Users show consideration for others by being even cleaner than “normal” when using community spaces.

Those who stay in the Casita Manzanita do all their cooking in the Casita.

Once a week, retreatants can provide funds and lists for their groceries to be purchased locally or in Tucson.

Weather

The Cochise Stronghold Canyon is a high elevation desert woodland where summers are warm and winters can be cold at times. It is typically cooler in the summer than the surrounding valley and low desert. The difference between daytime highs and nighttime low temperatures is often dramatic.

Local weather information can be checked using the zip code, 85625 at <http://www.wunderground.com/>

Work Service to the Dharma Treasure Community

Solo retreatants are requested to donate an hour of work service per day while they are in residence. This amount of service is considered to be a part of the actual retreat. Work service may include cooking, cleaning, grounds maintenance, and will be assigned by the center staff.

Rates and Payment

Fees help defray the expenses of the center, while making the retreat experience as accessible as possible to all who sincerely wish to practice. They are as follows:

Camping: \$25 per day plus service

Dharmatory: \$35 per day plus service

Casita Manzanita: \$60 per day plus service

In the future, Dharma Treasure hopes to establish a scholarship fund through donations, but until then, we have established a limited work exchange rate of \$17 per day for those who are willing to put in an equivalent value in time and effort in the form of other work. Applications for the limited number of work exchange openings are considered on an individual basis.

What to Bring

Clothing: Bring loose, comfortable clothing and sturdy walking shoes and older clothing suited for “the woods”. In the summer, bring a wide-brimmed hat. Always bring layers as it can be hot during the day, but can get cool at night.

Other: Bring the toiletries and medicines you will need. You will also need bug repellant in the summer months, as we do get mosquitoes when it rains. Bring sunscreen when you visit any time of the year.

Getting Here

We are 90 miles SE of Tucson. Directions for reaching Cochise Stronghold Retreat Center are a must if arriving by your own vehicle and will be sent once a schedule for arrival is finalized.

Pick-up from the Tucson airport or a shuttle from Phoenix airport can be arranged as we go to Tucson regularly. Often there is someone from the Tucson Sangha available to pick you up on a Saturday for arrival at the Stronghold on Sunday morning. Sangha members often graciously host retreatants arriving from farther away.

Contact

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