

The Middle of the Path
Residential Mindfulness Retreat in the Tradition of Thich Nhat Hanh
June 9-12th, 2011

Thursday June 9th: arrival 6 pm – Sunday June 12th: departure late afternoon
Shekinah Retreat Centre¹ (50 mins North of Saskatoon, via Highway 12)

This residential retreat will be held in mindful silence. It will include periods of sitting and walking meditation, mindful eating, daily Dharma talks, personal free time, Dharma discussion, and evening programs, including a Mindfulness Training Panel and a question and answer session. During the retreat there will be opportunities for personal interviews with the teacher and on Sunday there will be an opportunity to formally receive the Five Mindfulness Trainings (Precepts) should you feel it would be helpful to your practice. Shekinah is beautifully situated on the banks of the North Saskatchewan and offers a variety of walking trails and many opportunities to enjoy nature. This retreat is suitable for both new and experienced practitioners. Participants are encouraged to attend the full retreat.

Other Information:

- ◆ For more information about the retreat centre: <http://www.shekinahretreatcentre.org/>
- ◆ Shekinah may be able to accommodate dietary restrictions; please make inquiries with us well in advance (by May 25th).
- ◆ Some tent sites are available. Electrified sites may be booked in advance for an extra charge (\$10/night). Please make inquiries when you register if you are interested.
- ◆ Bring your own bed linens, pillow and towel (Shekinah does not supply these).
- ◆ Straight-backed chairs will be available.
- ◆ If you sit on a cushion bring it, and a mat or blanket for the floor.
- ◆ Wear comfortable clothing and bring outdoor clothing appropriate for walking meditation outdoors.
- ◆ Following tradition, there will be an opportunity to offer dana (make a donation to the teacher).
- ◆ The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7-9pm, at the Unitarian Centre (213 2nd Street E.). See: <http://mindfulsaskatoon.ca/>

¹ Directions: *Shekinah Retreat Centre* is about 50 minutes north of Saskatoon. Drive north on Highway 12 turning right at the Shekinah road sign approximately 6 kms past the town of Hepburn turnoff. Follow this grid road turning left at the correction line and right again at the next available turn (about 1/4 kilometre). Continue north until you reach Shekinah.

Registration Form

Name:

Address:

Telephone:

Postal Code:

Email:

Have you previously attended any retreats in the Thich Nhat Hanh tradition?

Have you previously attended a residential retreat?

Do you have a regular sitting practice?

A deposit of \$60 (received by May 26th) will secure your place at the retreat. Complete payment (total of \$270) should be received by **June 9th**. Cheques should be payable to the *Saskatoon Community of Mindful Living* and sent (along with the registration form) to:

Saskatoon Community of Mindful Living
422 10th St. E
Saskatoon, SK
S7N 0C9

For more information, contact Ken Sailor at 665-3430, or ken.sailor@gmail.com

This retreat is organized by the Saskatoon Community of Mindful Living: <http://mindfulsaskatoon.ca>