

# **Confidence in Ourselves, Our Practice, and our Path**

## **A Residential Mindfulness Retreat in the Tradition of Thich Nhat Hanh**

### **Registration Form**

**Thursday May 30<sup>th</sup> (arrival 6 pm) – Sunday June 2<sup>nd</sup> (departure 4pm)**

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 the Five Mindfulness Trainings, 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. Ancient Spirals is beautifully situated on the banks of the South Saskatchewan River and offers beautiful views of the river valley, scenic 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:**

- Arrive at 6pm to complete registration and settle in. Program begins at 7pm.
- For more information about the retreat centre: <http://www.ancientspirals.com/>
- Vegetarian food will be served.
- Bring a travel mug for tea & coffee.
- Bring your own bed linens, pillow and towel as Ancient Spirals does not supply these.
- Straight-backed chairs will be available.
- If you sit on a cushion bring it as well as 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).
- Accommodation is provided in simple, dormitory style. Space for tenting is available.
- The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7-9pm, at the Unitarian Centre (213 2<sup>nd</sup> Street E.). See: <http://mindfulsaskatoon.ca/>

#### **Ancient Spirals Retreat Centre**

Ancient Spirals Retreat Centre is about 15 minutes south of Saskatoon, 20 km south of Lorne and Ruth, on Hwy 219. To get to the retreat centre, turn right on a grid road signed “Ancient Spirals” found about 6km beyond the entrance to Beaver Creek. Follow this road for about 1km driving towards the river. Ancient Spirals is a long, bungalow style house marked with a small sign (the only house on the road).

## 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?

Do you need a ride to the retreat or could you provide a ride to the retreat?

A deposit of \$50 (received by May 20<sup>th</sup>) will secure your place at the retreat. Complete payment (total of \$190) should be received (at the latest) at the start of the retreat on May 30<sup>th</sup>. 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 10<sup>th</sup> St. E  
Saskatoon, SK  
S7N 0C9

For more information, contact Ken Sailor at 665-3430, or [ken.sailor@gmail.com](mailto:ken.sailor@gmail.com)

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