

The Saskatoon Community of Mindful Living
Open Heart, Forgiving Heart
A Residential Mindfulness Retreat in the Tradition of
Thich Nhat Hanh

Lay Dharma Teacher: Rowan Conrad

Thursday, May 30, 2019, arrival 6 pm - Sunday, June 2, departure 4 pm
Ancient Spirals Retreat Centre

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, evening programs and a question and answer session. During the retreat there will be opportunities for interviews with the teacher. 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 lovely 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. The fee is \$215. Scholarship funding is available, and young adults are encouraged to apply.

Other information:

- ❖ Arrive by 6 pm on May 30 to complete registration and settle in. Program begins at 7 pm
- ❖ For more information about the retreat centre: <http://www.ancientspirals.com>
- ❖ Vegetarian meals will be provided. There will be some vegan & gluten free choices available.
- ❖ Please refrain from wearing scents as some retreatants have allergies
- ❖ Bring a refillable water bottle, travel mug for tea / coffee - all containers should be closeable
- ❖ Straight backed chairs will be available; you may want to bring blankets, pillows for comfort
- ❖ If you sit on a cushion, please bring it as well as a mat or blanket for the floor
- ❖ Wear comfortable clothing and bring outdoor clothing appropriate for walking meditation

Following tradition, there will be an opportunity to practice the gift of dana (generosity), if you would like to show appreciation for our teacher and his Dharma sharings.

Accommodation is provided in simple, dormitory style in the Retreat Centre building. Space for tenting on the grounds is available.

Ancient Spirals Retreat Centre is about 15 minutes south of Saskatoon. Head South of the city on Lorne Ave., which becomes Chief Whitecap Trail or highway 219. The Retreat road turn is about 5 km South of where 219 crosses over Beaver creek. Turn West (right) onto the gravel road at the "Ancient Spirals Retreat" sign. This is before (North of) the farm with the big wind turbine generator. Ancient Spirals is a long, bungalow style house (the only house on the road)

The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7-9 pm, at the Unitarian Centre (213-2nd St East) See: <http://mindfulsaskatoon.ca>

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REGISTRATION FORM

Name:

Address:

Phone:

Email:

Emergency contact (Name and Phone):

Would you like indoor accommodation? OR do you plan to tent? Please circle *one*.

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

Have you received the Five Mindfulness Trainings?

Have you previously attended a residential retreat?

Do you have a regular sitting practice?

What do you hope to gain or come away from the Retreat with?

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

Scholarships may be available. Please enquire with the Registrar.

Registration and a deposit of \$50 received by May 16, 2019 will secure your place at the retreat. Complete payment (total of \$215) should be received no later than May 23. Registration form and cheques made payable to the Saskatoon Community of Mindful Living should be sent to:

Saskatoon Community of Mindful Living
121 - 2233 St. Henry Ave, Saskatoon, SK S7M 5K6

For more information, contact the Registrar, Janet, at 306-222-9347 info@mindfulsaskatoon.ca