

The Saskatoon Community of Mindful Living
Engaging Ourselves and Our World With Compassion

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

Dharma Teacher Cheri Maples

Friday, Sept. 23, 2016 - Sunday, Sept. 25, 2016

**Queen's House Retreat & Renewal Centre
601 Taylor Street West, Saskatoon, SK**

This non-residential retreat (with residential option) 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 interviews with the teacher.

Queen's House is located beside the Saskatchewan River and offers views of the river as well as a lovely, peaceful, treed yard with walking paths. This retreat is suitable for both new and experienced practitioners. Participants are encouraged to attend the full retreat.

Other information:

- ❖ Arrive at 6 pm on Sept. 23 to complete registration and settle in. Program begins at 7 pm
- ❖ Saturday's program goes from 9 am - 9 pm; Sunday from 9 am - 4 pm
- ❖ For more information about Queen's House please visit: <http://www.queenshouse.org>
- ❖ Please refrain from wearing scents as some retreatants have allergies
- ❖ Bring a refillable water bottle, and travel mug for tea and coffee
- ❖ Straight backed chairs will be available
- ❖ 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 offer dana (make a donation to the teacher)

Non-residential fee is \$110: includes vegetarian lunch & supper Saturday and lunch on Sunday.

Residential fee is \$245: includes austere single bedroom, shared bathing facilities, 3 vegetarian meals Saturday and breakfast & lunch Sunday. Option for supper, 5:30 - 6:30, before registering on Friday evening.

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

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Friday, Sept. 23, 2016, arrival 6 pm - Sunday, Sept. 25, departure 4 pm
Queen's House Retreat & Renewal Centre

REGISTRATION FORM

Name:

Address: (incl. postal code)

Phone:

Email:

Circle one: Non-residential: \$110 Residential: \$245 Residential with Friday supper: \$259

Would you like someone to contact you regarding the availability of scholarship funding?

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?

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?

Registration and a deposit of \$55 received by Sept. 9, 2016 will secure your place at the retreat. Complete payment should be received no later than Sept. 16. 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 Janet MacFarlane at 306-222-9347, or info@mindfulsaskatoon.ca