

Untangling Our Minds

*A Non-Residential Mindfulness Retreat
in the tradition of Thich Nhat Hanh
January 29-31st, 2010*



Queen's House of Retreats, 601 Taylor Street W.

This retreat is suitable for beginning and experienced students of meditation.

Our practice will include sitting and walking meditation, dharma talks, and dharma discussion.

Please plan to attend all sessions: **Friday: 7pm-9pm, Saturday: 9am-9pm, Sunday: 9am-4pm**

Register by January 22nd

Send a completed registration form to Paulette Caron, (373-0610) or p.caron@sasktel.net

The retreat costs **\$140** and includes vegetarian lunch and dinner on Saturday, and lunch on Sunday.

Our retreat leader does not charge for his teachings and, following tradition, there will be an opportunity to support his teaching by making a donation.

Lay Teacher: Rowan Conrad

Rowan received teacher transmission from Thich Nhat Hanh in 2004. He practices with the longest existing Thich Nhat Hanh sangha in North America (in Missoula, Montana) and works to bring mindfulness practice to prisoners.

Free Public Talk: Rowan will give a free lecture, open to everyone, on Thursday, Jan. 28th, 7pm, at the Frances Morrison Public Library.

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

