

VIPASSANA MEDITATION RETREAT
Saturday, June 5 - Sunday, June 13, 2010

Led by Shinzen Young

Presented by Mid Atlantic Vipassana Network (MAVN)

Vipassana: This distinctive style of meditation is a nonsectarian practice that develops concentration, insight and compassion. It involves a systematic, moment-by-moment heightened awareness of ordinary mind-body processes. As this awareness is cultivated, limiting forces become conscious, are observed with non-attachment and released. Anyone can develop skill in this simple technique, and it is a practice that can create profound changes in how we live.

The Teacher: Shinzen Young is a Westerner who has trained extensively in Asian monasteries. He was ordained as a Buddhist monk at Mt. Koya, Japan. He lectures and leads retreats across the United States and Canada. His deep understanding of both eastern philosophy and western science makes his teaching of Vipassana unique and easily accessible to the western mind.

The Retreat: Is for persons of all levels of meditation experience who are interested in deepening and intensifying their meditation practice. This will be a silent retreat with sitting and walking meditation. Instruction is through lecture, guided meditation, private and group interviews, and “On-line Meditation Support”. The retreat is designed to be an *intensive* learning experience and may heighten emotions. Please keep this in mind if you have experienced significant emotional distress or are under psychiatric care.

Registration: Please register early, as this is a popular retreat and we can comfortably accommodate only 65. People who have not sat with Shinzen before are welcome to attend. Slots left open after the deadline will be filled on a first-come, first-serve basis. Checks will not be deposited until spots are allotted.

Location: The Virginia Diocesan Center at Roslyn is located on 150 scenic acres in Henrico County, Virginia, two miles west of the City of Richmond on the James River. <http://roslyncenter.org/>

8 Day Retreat: Begins at 4:00 PM Saturday 6/5 – Ends after lunch on Sunday, 6/13/2010.

First Night (June 5): The first night schedule includes the Sangha Welcome Dinner (6:00 – 7:00 PM), orientation and meditation. The Sangha Welcome Dinner will give us an opportunity to socialize and manifest verbally before silence begins.

Cost: MAVN is committed to making retreats accessible to all regardless of financial means. We have designed a 5-tier sliding scale to aide in fulfilling this commitment. The actual daily cost of the retreat is reflected in Tier 3. If you can chose a higher tier, your additional contribution will help to pay for someone who chooses Tier 4 or 5 rather than asking for financial assistance. *Anyone who pays above the daily cost will be making a tax-deductible contribution and receive a statement to that effect for tax purposes.*

Tier 1: \$ 117/day = \$ 936 for 8 days

Tier 2: \$ 107/day = \$ 856 for 8 days

Tier 3: \$ 97/day = \$ 776 for 8 days

Tier 4 \$ 87/day = \$ 696 for 8 days

Tier 5: \$ 77/day = \$ 616 for 8 days

Student Assistance Program and Scholarship Availability: To assist with the cost of the retreat MAVN has developed the tier system and also will work with individuals to pay over time. If these two options do not fully address financial need there are limited partial scholarships available. See the Student Assistance Program and Scholarship Fund page (at the end of this message) for further information.

Dana: The registration fee covers facility and food. In keeping with an ancient tradition of *dana* (*generosity* in the Pali language), there will be an opportunity to give financial support and gratitude for the teaching and for the kitchen/housekeeping staff through voluntary donation at the end of the retreat.

Rooms: Two single beds with a full bath. Linens are provided. Rooms are cleaned every other day. Single rooms are available on a limited basis for an additional \$20 per day/ or by medical necessity through scholarship.

Meals: Meals will be primarily vegetarian (with animal protein available on the side) and served 3-times/ day with the lighter meal being served in the evening. Dietary restrictions will be accommodated (see below). Please give us advance notice when you register, so we can best meet your needs in a cost effective manner. There will be a “tea table” available for hot beverages (coffees, teas, etc.) and water in between meals.

DEADLINE/CANCELLATION POLICY: Full payment is due by **April 15, 2010.**

Cancellation between 4/20-4/30 will receive an 80% refund; between 5/1-5/10 a 70% refund.
If we are unable to fill your space, there will be no refund between 5/11-6/5/2010.

For Additional Information:

For general questions about the retreat please call or email:

Nancy Elizabeth Nimmich 301-334-4445 nen@gcnetmail.net

For information about your registration please call or email:

Nina La Rosa 802-338-0416 mid.atlantic.vipassana.network@gmail.com

Directions to The Virginian Diocesan Center, airport taxi information, what to wear, what to bring and retreat procedures (for first timers), will be e-mailed/mailed with confirmation of registration.

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REGISTRATION FORM

Options for sending in registration:

- 1) Hit **REPLY, FORWARD, or COPY and PASTE** this e-mail into another message, fill out the requested information, and e-mail to: mid.atlantic.vipassana.network@gmail.com
- 2) Open the attachment, fill it out and **PRINT** out this form and **MAIL** it to: MAVN/Nina La Rosa, 29 Iris Lane, South Burlington, VT 05403.
- 3) Open the attachment, fill it out and **FAX** it to: 802.864.6677.

Please fill out the below information (typed, if possible):

_____ I have attended a MAVN retreat or _____ another retreat with Shinzen Young.

_____ I have _____ have not attended a meditation retreat with another teacher.

If you have not attended a retreat with Shinzen before, please describe meditation and retreat experience below or in another document.

Name _____

E-Mail Address _____

Mailing Address _____

City/St/Zip _____

Phone Numbers: Day (____) _____

Evening (____) _____

May we confirm via email?

_____ Yes

_____ No (please confirm via US mail)

Student Assistance: I would like to apply for student assistance. Yes _____

Please scroll down to read "THE MAVN STUDENT ASSISTANCE PROGRAM AND THE MAVN SCHOLARSHIP FUND"

Meals: We will accommodate dietary restrictions as best we can. Please list dietary restrictions below with this registration. This includes the need for animal protein. Information about your dietary restrictions is required in advance for planning. If you have significant restrictions, we may ask you to bring some of the need items. Limited refrigeration space is available.

Are there any meals that you know you will NOT be eating at Roslyn?

_____ Yes If so, please tell us which ones:

Physical Limitations: Do you have any physical limitations (using stairs, walking the length equal to 1 city blocks, etc)? If so, we would like to accommodate you in whatever way we can. Please include information with registration.

Roommate Preference: I would like to room with (list names)_____

I identify as: Male ___ Female ___ (room assignments based on gender identity)

I would be willing to room with someone who snores. _____ I snore _____

Mailing List: We plan to distribute a list of names and addresses to participants at the end of the retreat. Please indicate if you wish to have this information about yourself made available to other retreatants. Yes _____ No _____

Payment: I wish to register for June 5 - 13, 2010, at tier:_____

and enclose my check for*:_____

*I request a single room and add \$160 (\$20/night x 8 days)

(Full payment is required to reserve a space at the retreat.)

Financial Aid Contribution: As you know, expenses for retreats are increasing while personal incomes often aren't. This means that more people who want to, or need to come to a MAVN retreat, cannot afford the cost. It is our policy not to turn anyone away for financial reasons. Please help us live that policy. "I would like to make a contribution in the amount of":

\$100 _____ \$50 _____ \$25 _____ \$10 _____ Other _____

If you want to contribute, add the amount of your gift to your check, and these funds will be set aside for scholarship assistance. (Please note that scholarship contributions, general donations to MAVN, and payments above the daily rate, are all tax-deductible. If you have made any of these donations with your application, at the retreat we will provide you with a statement of your contributions for your records.)

Please make checks payable to: MAVN

Mail to: MAVN/Nina La Rosa, 29 Iris Lane, South Burlington, VT 05403

IF YOU WOULD LIKE TO PAY ELECTRONICALLY by bank account transfer, PayPal transfer, or credit/debit card, **PLEASE E-MAIL NINA** to get further information for this transaction: mid.atlantic.vipassana.network@gmail.com PayPal will be used for this transfer.

REGISTRATION DEADLINE: April 15, 2010.

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THE MAVN STUDENT ASSISTANCE PROGRAM

AND

THE MAVN SCHOLARSHIP FUND

As much as possible, MAVN is committed to assisting those who seriously want to attend a retreat, regardless of financial considerations. To this end, we have created the Student Assistance Program, which offers short and long-term payment options. For those in greater need, we also have established a Scholarship Fund. If financial issues are standing in the way of your attending a retreat, please read the following material and consider applying.

THE MAVN STUDENT ASSISTANCE PROGRAM

How does it work?

If the cost of a retreat is too much for you at this time, please consider these two options:

Option 1: Post-dated checks for a pre-determined time.

Option 2: Assistance with a no-interest short and long term loan.

This service is “kept alive” by people who return their assistance from past retreats so that others can access it in the future.

In order to provide help for as many as possible, the amount of student assistance for a one-week retreat is usually \$100, and two weeks is usually \$200, depending on available funds.

THE MAVN SCHOLARSHIP FUND

If the Student Assistance Program doesn't meet your needs, and if funds are available, MAVN may be able to offer you a partial scholarship.

HOW DO I APPLY FOR STUDENT ASSISTANCE OR SCHOLARSHIP FUNDS?

Send your request by letter, call, or e-mail to:

David Glaser,

5188 Even Star Place,

Columbia, MD., 21044

(410)-730-9590 David@VogelGlaser.com