

# VSI Intensive Mindfulness Meditation Retreat led by SHINZEN YOUNG

## -----DATE AND TIMES-----

Full Retreat: *Tuesday, December 28<sup>th</sup>, 2010: 7 pm to Sunday, January 9<sup>th</sup>, 2011: 3 pm (Newcomers and Experienced)*

Option 1: Dec. 28/10 – 7 pm to Jan. 3/11 – 2 pm (Newcomers & Experienced)

Option 2: Jan. 3/11 – 7 pm to Jan. 9/11 – 3 pm (Current Students Only)

(Priority will be given to those committing to the full retreat. Choice of attending the Options is dependent on space availability - please see 'Retreat Specifics' below for more detail, **especially Day Commuters**).

## ----ABOUT VIPASSANA MEDITATION----

A non-sectarian, non-denominational practice that develops concentration, insight and compassion, Mindfulness Meditation (Vipassana) increases one's moment-by-moment awareness of the ordinary mind-body process. As this awareness is cultivated, blockages and limiting forces become conscious, are observed with detachment and are 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.

## -----LOCATION-----

Mary & Joseph Retreat Center, Rancho Palos Verdes, CA See 'Contact Info' below.

## -----RETREAT SPECIFICS-----

**Please register early as this retreat will fill quickly**. Priority will be given to those committing to the full retreat (onsite and commuter participants), then to those committing to Option 1, followed by those requesting Option 2 only.

### **Please note:**

Rooms are assigned just before confirmations are sent, and once the center is full, you will be contacted to see if you'd rather be on a wait list or assigned an **overflow** room – 1) in small rooms up by the Sisters' Residence and 2) at the nearby Ramada Inn on PCH (10 minutes drive) for the same rate fees. **Families** [2 parents with a child(ren)] will be housed at the Ramada Inn and be able to enjoy all amenities provided ([click here](#)), plus there is a large park 2 minutes away.

ONLY current students (those who have attended a previous residential retreat, not just a 1 day event) may send an email to VSI **by Dec 15<sup>th</sup>** requesting to be a **Day Commuter** with no meals. Cost per day is \$ 65.00 with no food. We will be limiting partial day commuters to ensure continuity in the zendo for silence and to create the optimal environment for meditating by lessening distractions. Space in the zendo will be limited due to high registration at this retreat; therefore out of respect for those who pre-register and organizational staff, there is **no 'at the door' registration**.

This retreat is for persons of all levels of meditation experience who are interested in deepening & intensifying their meditation practice. It is a silent retreat (from 5:30 am Tues, Dec 29), with sitting & walking meditation, as well as sessions of mindful movement, i.e. Yoga or Qi Gong. Instruction is through lectures, guided meditation, private & group interviews and 'online meditation support'. Special instruction is available for newcomers during **Option 1 Only** of this retreat. The retreat is designed to be an intensive learning experience & may heighten emotions. Please keep this in mind if you have experienced emotional distress or are under psychiatric care.

All rooms have two single beds (which are used as a single or double occupancy), with a private bath. Singles will be limited (**& if necessary by lottery**) to make the most of the space provided. We will contact you if your accommodation choice is not available. Pillows, bed linens and towels are provided for all accommodations.

As food is prepared & planned ahead, costs include all meals whether consumed or not (**no daily partial options**). The 'Omnivorous' choice on the registration form provides animal protein for lunch only. If you require animal protein for dinner, an extra cost of **\$3 per meal** will apply (see registration form). Evening meals are a lighter fare/smaller portions, e.g. cheese, crackers, soup and salad. If you have dietary/medically restricted needs (i.e. allergies), please indicate on the form. **Meals may not be an option** if registration is 2 weeks prior to retreat.

All effort will be made to try to fulfill your dietary needs; however if your diet is particularly restricted; extra preparation for food staff; or **you do not register 2 weeks prior to retreat start**, you may be asked to supplement your meals if the kitchen is not able to accommodate special requests. You may wish to bring your food for the entire retreat, **with some restrictions**. There is a refrigerator available to store food; however there is only a microwave for simple cooking or reheating, **NOT** a stove. Please plan simple meals then, as the kitchen for our use is part of the zendo (meditation hall), therefore do not prepare foods with strong odors. There are many stores nearby for fresh food, i.e. Trader Joe's, Whole Foods, Ralph's, Vons, etc.

**'Online Hosts' offer their room** to be used for 'Online Support' (see Registration Form) 'Online Support' is a method that utilizes the teacher's time efficiently by providing personal & confidential guidance for 3 students at a time, each using a cordless telephone head set in a separate room, but linked to a teacher-controlled base station. Online Sessions are three times a day and usually scheduled at 7-8:30 am; 3-4:30 pm and 9-10:30 pm. If your registration is received late, and the only rooms available are 'online rooms', you will be contacted to see if you are willing to be an 'Online Host' or be on a waiting list. **You will need to vacate your room** during the times listed above if you choose to be or need to be an 'Online Host'. If space is needed Online rooms will be double occupancy, not single.

#### -----STUDENT ASSISTANCE FUND-----

Expenses for retreats are increasing, while personal incomes often are not, and especially in this economic climate. This means that more people who want to, or need to attend a retreat cannot afford the costs. If you wish to contribute to help someone attend the retreat, please indicate on the registration form, add the amount to your total and these funds will be set aside just for student assistance. If you wish to apply for student assistance, **before registering** please call or email to receive the VSI Student Assistance Guidelines which offers alternate payment options and is determined on financial need and on the number of requests per retreat and donated funds. **Assistance will only be for double occupancy if funds allow.**

#### ---TEACHER DANA (pronounced 'donna')---

The registration fee covers facility, food and administrative costs only. In keeping with an ancient tradition of dana (generosity in the Pali language), the teachings are given freely and consequently, it is traditional for students to support the teacher with a voluntary donation or 'dana'. No amount is suggested and is totally anonymous. You will have the opportunity to provide teacher dana at the end of the retreat.

#### -----VOLUNTEERING (Seva)-----

Many tasks are necessary for the smooth running of a retreat. In Vipassana tradition, sign-up sheets for volunteer tasks will be available at check in and it is expected that you volunteer **for a minimum of 2-4 tasks** so that all may have a meaningful retreat. We thank you in advance for your service (seva).

#### -----ARRIVAL-----

##### Check in Hours:

Full Retreat/Option 1: Tuesday, Dec 28<sup>th</sup>, 2010: 5:00 pm – 7:00 pm at table by zendo

Option 2: Tuesday, Jan 3<sup>rd</sup>, 2011: 6:30 – 7:15 pm in office (no dinner unless pre-ordered on registration form)

**Important:** Please arrive during the designated check-in hours above as someone will be waiting to greet you during those times! If you must arrive before the appointed times and are able to get a room key from the office, **please ensure you go back to officially check in with the Retreat Manager** (not just Center Staff) to complete and sign a VSI waiver which includes emergency contact information, and any health history, if pertinent. If you are unable to arrive in time, please let us know in advance. Sorry, there are no adjustments in cost for late arrival or early departure.

Before submitting a registration form, **NEWCOMERS MUST** ensure they are able to arrive early to settle in and attend the **Welcome/Orientation** which begins at 8:00 pm Dec. 28<sup>th</sup>, followed by the Newcomer Instruction Session.

Dinner is not provided the evening of Dec. 28th; however tea, coffee and light snacks will be available in the breezeway outside the zendo. Please try to arrive in time to register, sign up for volunteer duties, and settle in before the Orientation/Welcome begins for the full retreat.

-----DEPARTURE-----

For Full Retreat or Option 2 participants, the retreat schedule and silence ends at 1 pm on Sun, Jan. 9<sup>th</sup>, followed by lunch which is included in your retreat fee.

Option 1 schedule ends at 1 pm on Tues, Jan 3rd, followed by lunch; however you will still need to maintain silence near participants who are staying. You are welcome to stay through the afternoon to sit; however dinner is not included in your cost.

-----HOW TO REGISTER-----

By Check: Return the completed Registration Form with deposit to VSI.

By Credit Card: Mail or email completed registration form to [vsi@shinzen.org](mailto:vsi@shinzen.org), then telephone toll free to 1-866- 666 0874 to leave credit card information or fax all information to VSI at 905-336-2616. Both lines are secure.

Please register early as this retreat is attended by participants throughout North America, and interest is always high. Even if you have called in advance, you **will not be officially** registered until we receive **both a written registration and payment in full** (or partial payment in accordance with a student assistance having been granted or alternative payment plan). For organizing and planning purposes, please make certain all information has been provided on the Registration Form before mailing. Sorry, there are no adjustments in cost for late arrival or early departure.

**Newcomers are required to fully attend either Option 1 (or the full retreat).**

---DEADLINE/CANCELLATION POLICY---

Full payment with registration is due: **November 26<sup>th</sup>, 2010**. Cancellations between Nov 27-Dec 6 will receive a 75% refund; between Dec 7-13: 60% refund. If we are unable to fill your space, there will be **no refund** for cancellations after Dec 13.

-----CONFIRMATION-----

A confirmation including directions, airport shuttle info, what to bring, etc. will be sent by **DECEMBER 6th, 2010**.

Please **DO NOT CALL** or send an email asking about space availability. **Even if you've missed the deadline**, please send in both your written or emailed registration & payment. You will be called to ask if you'd like your name on a waiting list if the retreat is full and payment will not be taken until we can guarantee you a space. You may contact us earlier for space confirmation **ONLY** if you need to make air travel arrangements or have questions regarding other retreat information, i.e. schedule, etc.

----CONTACT INFO & QUESTIONS???----

Contact information for the Retreat Center has been purposely omitted as **ALL questions are to be directed to V.S.I.** (**NOT** the Mary and Joseph Retreat Center) Their staff will redirect you to our office if you contact them.

Phone: 1-866-666-0874 (0-VSI) (toll free)

Fax: 905-336-2616

Email: [vsi@shinzen.org](mailto:vsi@shinzen.org)

Website: [www.shinzen.org](http://www.shinzen.org)

**SEND COMPLETED REGISTRATIONS WITH PAYMENT TO:**

V.S.I. (Vipassana Support International), 3330 Hannibal Road, Burlington, Ontario Canada L7M 1R7

# REGISTRATION

(Please check to see that all needed information has been completed by adding 'YES' or 'NO' when indicated.)

Name:

Address:

(Street - Town/City – State/Province – Zip/Postal Code of Home Address only, Not Business)

Phone Number -

Evening:

Day:

E-Mail Address:

\*\*\* The above info is new \*\*\* :

Profession (optional):

(At times, we get asked for names of professionals who have a meditation practice, i.e. doctor, lawyer, therapist, social worker, counselor, etc. If you'd like your profession included in a database we're compiling, please indicate your consent here for that:

I am a medical doctor or psychologist/psychiatrist, and if an emergency presents itself at this retreat, feel free to contact me:

## Full Retreat: Dec 28 – Jan 9

	<u>By Nov 26</u>	<u>After Nov 26</u>
Commuting	\$ 1,200.00:	\$ 1,380.00:
Double Occupancy Room	\$ 1,500.00:	\$ 1,725.00:
Single Occupancy Room	\$ 2,000.00:	\$ 2,300.00:

## Please indicate which Option:

**Option 1:** Dec 28 – Jan 3 (Newcomers Only and Experienced):

**Option 2:** Jan 3 – Jan 9 (Current Students Only):

	<u>By Nov. 26</u>	<u>After Nov 26</u>
Commuting	\$ 745.00:	\$ 860.00:
Double Occupancy Room	\$ 945.00:	\$ 1,085.00:
Single Occupancy Room	\$ 1,160.00:	\$ 1,300.00:

Extra Animal Protein Daily Dinner (see Retreat Specifics): Full Retreat - **Add** \$33:  
or Option 1 or 2 - **Add** \$15:

Dinner on Jan. 3rd (for Option 2 Arrivals Only): No Protein - **Add** \$15:  
or With Protein - **Add** \$ 18:

Add Optional Donation to Student Assistance:

## **Subtotal:**

I will bring my own food – **Deduct** \$400 for full retreat:  
or **Deduct** \$200 for Option 1 or 2:

## **RETREAT TOTAL:**

Half Fee Deposit Included Here or Full Payment:

Check #:

Visa Card #:

Master Card #:

Expiration Date:

**BALANCE (PAYABLE BY NOV 26<sup>th</sup>):**

**Please type 'YES' or 'NO' to help us plan & optimize your retreat experience:**

Is this your first retreat with Shinzen Young?

Have you ever attended a vipassana meditation retreat before?

Are you - Male:  
Female:

Roommate Request:

I snore:

(If you snore and selected double/triple accommodation, but another person who snores is not available as a roommate, you will be contacted to either book a single room, if available or ask if you wish to be on a waiting list. If you didn't indicate that you snore and chose a double/triple accommodation, then during the retreat your roommate becomes inconvenienced, you may be moved to a single room, if available & be required to pay the cost of a single.)

I can offer a ride:

I may need a ride:  
From:  
(Dependent on availability)

I need sitting cushions:  
(only available for those traveling by air)

I am willing to be an Online Host:  
(see Retreat Specifics)

**Meal Preference** (See Retreat Specifics for more info)

Based on past retreat needs, two meal choices are offered below. If you are a vegan, you may need to supplement protein requirements, therefore if you have special dietary needs, please indicate below (i.e. no cheese, dairy, etc.). An extra cost may apply if there is extra labor preparation. Omnivorous provides animal protein of chicken or fish at the lunch meal only (see registration for extra protein at dinner meal).

Omnivorous:  
Vegetarian:

Special Dietary Needs (medical or allergy):

**Service Dana** (prior to retreat for planning purposes)

I would like to serve the retreat community by -

Assisting with Retreat Setup (must be at Mary & Joseph by 2 p.m. on Dec 28):  
Managing Transportation Arrival needs (organize/arrange volunteer airport pick up & delivery to Center):

**Thanks for volunteering! We'll contact you if necessary.**

**Contact List**

We will be emailing a list of participants after the retreat. Please circle below if you agree to have your contact information made available to other retreatants. You will not receive a copy if you choose not to participate. By agreeing to have your contact info on this list, you are also agreeing that this list is for contacting each other about meditation or your practice, **not for solicitation of product or services:**

I agree to have my information posted to a Contact List: