

# 8-Day Mindfulness Meditation Retreat Led by Shinzen Young

## -----Date and Time-----

Sunday, November 21<sup>\*\*</sup>: 4:00 pm – Sunday, November 28: 3:00 pm (First Timers & Experienced)

Weekend Only Option: Fri. Nov 26: 4:00 pm – Sun. Nov 28: 3 pm (Current Students Only & if space allows)

**\*\*Please Note**: Beginning on a Sunday this time, the retreat gives an extra day than previous retreats.

## -----Location-----

Mount Carmel Spiritual Centre, 7021 Stanley Avenue, Niagara Falls, Ontario Canada L2G 7B7 [www.carmelniagara.com](http://www.carmelniagara.com)

## -----About Vipassana Meditation-----

Vipassana is 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. Everyone can develop skill in this simple technique. This retreat is suitable for those wishing an introduction to meditation, as well as for experienced meditators. Special instructions will be available for any newcomers during the retreat.

## -----The Teacher-----

Shinzen Young is an American who has trained extensively in Asian monasteries. A scholar of languages and science, he currently lectures and leads retreats across the United States and Canada. Shinzen's deep understanding of Eastern philosophy and Western sciences gives him a unique approach to teaching Vipassana which is readily accessible to the modern mind. For more information: [www.shinzen.org](http://www.shinzen.org)

## -----Retreat Specifics-----

This retreat is for persons of all levels of meditation experience who are interested in deepening and intensifying their meditation practice. It is a silent retreat composed of sitting and walking meditation, yoga / mindful movement, guided meditations, evening Dharma talks, and group/individual discussions. Instruction is through lectures, guided meditation, private and group interviews, and 'online meditation support' (see below).

**Special instructions will be available for newcomers during the retreat.** For more information, newcomers may view at [www.youtube.com](http://www.youtube.com):

Basic Mindfulness Intro to a New Student Part 1

<http://www.youtube.com/watch?v=1AzAiXOBTzk>

Basic Mindfulness Intro to a New Student Part 2

<http://www.youtube.com/watch?v=rmazX9gZZOU&feature=related>

The retreat is designed to be an intensive learning experience and may heighten emotions. Please keep this in mind if you have experienced emotional distress or are under psychiatric care.

Priority will be given to those committing to the full 8-day retreat. 'Weekend Only' registrations are for current students **only** (those who have attended a prior full residential retreat) and will be accepted as space allows. It is expected that participants attend every day, and choosing to attend only certain days or partial days is not an option at the retreat (excluding 'Weekend Only' participants). **First Timers are required to attend the Full retreat.** All bedrooms within the main building have washrooms. Since priority is given to those attending the full retreat, once the main building is full, rooms will be assigned in Avila House, where shower/toilet facilities are shared; therefore most weekend participants are assigned to Avila House. Pillows, bed linens & towels are provided in both buildings.

As with previous retreats, Noble Silence will be observed throughout the retreat, except during Q&A sessions. Silence will officially begin at 5:00 am on Mon, Nov 22<sup>nd</sup>; however if you wish to socialize until that time, please do so in the Lounge as all other areas of the Centre will be in silence for those who wish to begin Noble Silence earlier. As food is prepared & planned ahead, costs include all meals whether consumed or not (no partial options). The 'Omnivorous' choice on the

registration form provides animal protein of chicken or fish. If you have dietary needs or medically restricted needs (i.e. allergies), please indicate on registration form. All meals at Mt. Carmel are basic home cooked meals (i.e. 'meat & potatoes') and we are working with kitchen staff to try to ensure balanced meals for vegetarians. The evening meal is a 'lighter' fare, i.e. soup and salad.

'On-Line 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 headset in a separate room, but linked to a teacher-controlled base station. Sessions are three times a day and usually scheduled at 7 - 8:30 am; 3:00 pm - 4:30 pm & 9 - 10:30 pm.

Sometimes, depending on the number of registrations, an 'Online Host' offers their room to be used for 'On-Line Support' (See Registration Form), and will need to vacate their room 3 times per day at the times listed above. If your registration is received late and the only available rooms are online rooms, you will be contacted to see if you are willing to be in an online room or be on a waiting list.

As a support in providing a safe environment, and also as an exploration of our relationship to life, we will agree to the five traditional guidelines (Five Fold Sila), or precepts for the period of the retreat. For more information:

[http://en.wikipedia.org/wiki/Five\\_Precepts](http://en.wikipedia.org/wiki/Five_Precepts) and/or view Shinzen at: <http://www.youtube.com/watch?v=Sb7O7LbcYn4>

#### -----Volunteer (Seva) Opportunity-----

In the spirit of the meditation retreat tradition, many tasks are necessary for the smooth running of a retreat. At check in, please volunteer for a minimum of 2-3 tasks over your stay, as participating enhances your own retreat while lending an opportunity for everyone to have a meaningful experience. Tasks will include bell ringing, take down teams, sit leaders, tea table, flower maintenance, etc. If you would like to be part of the set up team and can be at the Centre by 1 pm. on Nov 21<sup>st</sup>, please contact Chôshin at C.M.L. We thank you in advance for your seva (service).

#### -----Teacher Dana-----

Vipassana teachers traditionally give the teachings freely without any financial payment. Registration fees pay only the expense of holding the event. It is also traditional for students to support teachers with a donation or "dana". Giving dana is totally voluntary and anonymous. You will have the opportunity to provide teacher dana at the end of the retreat.

#### -----Student Assistance Fund-----

Expenses for retreats are increasing, while personal incomes often are not. 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, please contact us prior to submitting a registration form and we will be happy to send you the 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. Please do not allow affordability to prevent you from attending.

#### -----When To Arrive-----

Check-in is from 4:00 pm - 5:00 pm on Sunday, November 21<sup>st</sup> (note: day earlier than previously), followed by a 'Meet & Greet' dinner served at 5:30 pm, so please plan to arrive in time to register, sign up for volunteer duties & settle in before dinner. If you arrive earlier than the above hours and your room is ready to obtain a key, please return to the registration desk at the above time to officially register and receive any needed information. If you must arrive late, please let us know in advance. An optional sit at 7:30 pm will precede the Welcome & Orientation at 8 pm sharp, followed by an instruction session for First Timers. A 'First Timer' is anyone who has not attended a retreat with Shinzen before. Before sending in your registration form, First Timers **MUST** ensure they are able to attend the Orientation and First Timer's Instruction Session.

Weekend participant check-in is from 4:00 pm – 5:00 pm on Fri. Nov. 26<sup>th</sup> with dinner at 5:30 pm.

On arrival, you will be required to complete and sign a waiver which includes emergency contact Information and any health history, if pertinent. The retreat schedule and silence ends at noon on Sunday, with lunch served before departing.

### -----Confirmation-----

After full payment has been received, a confirmation of attendance with additional info, i.e. driving directions, airport shuttle info, what to bring, etc. will be sent by: **Nov 1<sup>st</sup>, 2010.**

**Please do not call or email about space availability** until we have received **both** your written or emailed registration & **payment** in full (or partial payment in accordance with a student assistance having been granted OR an alternate payment plan agreed upon) **AND** after the registration deadline. You may contact us earlier only if travel arrangements need to be booked or you have questions regarding other retreat information, i.e. schedule, etc.

### -----Cancellation Policy-----

Cancellations between Nov 1-7 will receive an 80% refund; between Nov 8-14: a 70% refund. If we are unable to fill your space, there will be no refund for cancellations after Nov 15.

### -----How To Register-----

Register early to take advantage of the 'early bird' fees. Return complete Registration forms by **Oct 26<sup>th</sup>, 2010** with full payment by cheque or credit card. Send by regular post, fax or email (server not secure).

#### By Cheque:

In Canadian Funds: Return completed registration form payable to CML (Community for Mindful Living)  
In US Funds: Return completed registration form payable to VSI (Vipassana Support International)

By Credit Card: You may **email** your completed registration, but as the server is not secure, please then call the office to leave your credit card number and expiry date (no secret code necessary). The office line is a secure line, therefore we will not return calls asking us to call for this information. Alternatively, you may mail or fax a completed registration form with credit card information. All credit card transactions are processed through VSI and will show in US funds equal to the retreat fee on your statement

Several post-dated cheques are acceptable. Single rooms are limited and double occupancy is assigned as space fills. 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). Sorry, there are **no adjustments in cost** for late arrival or early departure.

Current Students (for Weekend Only) are those who have attended previous retreats, not just 1-day events.  
**First Timers are required to attend the full retreat.**

### Questions???

Please contact Chôshin at CML / VSI (not the Retreat Centre) for all inquiries:

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

Fax: 905-336-2616

Email: [cml@cogeco.net](mailto:cml@cogeco.net) or [choshin@cogeco.net](mailto:choshin@cogeco.net)

Mail registrations to:

Community for Mindful Living,  
3330 Hannibal Road,  
Burlington, Ontario  
Canada L7M 1R7

Please ensure your cheque is made out to CML **OR** VSI – dependent on currency (see above).

**REGISTRATION** (Please complete all information and add 'YES' or 'NO' when indicated.)

Name:

Address:

City:

Prov./State:

Postal/Zip Code:

Day Phone:

Evening Phone:

Email:

This above info is new:

<b><u>8-Day: Nov 21-28, 2010</u></b>	<b><u>By Oct 26</u></b>	<b><u>After Oct 26</u></b>	
Per Person (Cdn or US)	\$ 895.00	\$ 985.00	:

**Weekend Only: Nov 26-28, 2009** (Current Students Only & if space allows)

Per person (Cdn or US)	\$ 375.00	\$ 425.00	:
------------------------	-----------	-----------	---

Please note 'Payable to' below for Canadian (CAD) or US (USD) funds.

Single room availability is granted based on availability due to number of registrants. If you attach a note that you wish a single room, please indicate if you are willing to share a room as a double, rather than be put on a waiting list:

Confirm Retreat Fee above: \$

Optional donation to Student Assistance : \$

TOTAL ENCLOSED: \$

Cheque:

Visa #:

MasterCard #:

Expiration Date:

Please note that credit card transactions are processed through VSI & will show as 'Vipassana Support International' on your statement.

To register, please send completed registration with full payment payable to:

In Canadian Funds (CAD): Community for Mindful Living (CML)  
In US Funds (USD): Vipassana Support International (VSI)

(See Over)

**PLEASE TYPE 'YES' OR 'NO' TO HELP US PLAN & OPTIMIZE YOUR RETREAT EXPERIENCE:**

Have you ever attended a meditation retreat before?

Have you ever attended a retreat with us before?

Are you- Female:

Male:

I wish to room with:

I Snore:

(If you snore, and another person who snores is not available or there are no single rooms available, you will be contacted to see if you wish to be on a waiting list.)

I can provide a ride:

For Person(s):

I need sitting cushions (for those travelling by air and supply is limited):

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

**Meal Preference** (See retreat specifics for 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. Please indicate your meal preference:

Omnivorous:

Vegetarian:

**Special Dietary Needs** (medical or allergic):

**Contact List**

A list of participants is sent by email or mail after the retreat. Please check 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 be included. By agreeing to have your contact info on this list, you are also agreeing that this list is for contacting each other about your meditation practice, not for solicitation of product or services:

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