

8-Day Mindfulness Meditation Retreat Led by Shinzen Young

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

Sunday, March 12th: 4:00 pm – Sunday, March 19th: 3:00 pm (First Timers & Experienced)

Weekend Only Option: Fri, Mar 17th: 5:00 pm – Sun, Mar 19th: 3 pm (Current Students Only & if space allows)

-----Location-----

Mount Carmel Spiritual Centre, 7020 Stanley Avenue, Niagara Falls, Ontario Canada L2G 7B7
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 skills 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-----

After majoring in Asian languages at UCLA, Shinzen Young entered a PhD program in Buddhist Studies at the University of Wisconsin. As a part of his thesis research, he lived as a Shingon (Japanese Vajrayana) monk for three years at Mount Koya, Japan. It was then that he received the name Shinzen (真善). Also during that time, he became friends with Father William Johnston (author of *Christian Zen*). Fr. Johnston helped broaden Shinzen's interests to include comparative world mysticism and the scientific study of meditative states. Upon returning to the United States, his academic interests shifted to the dialogue between Eastern meditation and Western science. Shinzen is known for his interactive, algorithmic approach to mindfulness, and often uses mathematical metaphors to illustrate meditative phenomena. He is the author of *The Science of Enlightenment*, *Natural Pain Relief* and numerous audio offerings. Shinzen leads residential retreats throughout North America. In 2006, he created the Home Practice Program. These phone-based mini-retreats are designed to make deep meditation practice accessible to anyone in the world regardless of their location, health situation, and time or financial constraints.

For more information: www.shinzen.org or www.basicmindfulness.org

-----Retreat Specifics-----

- 1) 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).
- 2) **Special instructions will be available for newcomers during the retreat.** For more information, newcomers may view YouTube:
<https://www.youtube.com/watch?v=Pvk99BRxIPw&t=2s>
- 3) 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.**
- 4) **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 are already familiar with Shinzen's latest meditation techniques) and will be accepted as space allows. It is expected that participants attend every day. Choosing to attend only certain days or partial days is not an option at this 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.

- 5) As with previous retreats, Noble Silence will be observed throughout the retreat, except during Q&A sessions. Silence will officially begin at **wake up** on the first full day of the retreat.
- 6) 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 only. 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, but we work with kitchen staff to try to fulfill retreatant food needs. **The evening meal is a 'lighter' fare, i.e. soup and salad only.**
- 7) **'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/or the only available rooms are online rooms, you will be contacted to see if you are willing to be in an online room or prefer to be on a waiting list.
- 8) **At this retreat, an evening dharma talk or two may be given by a Facilitator.**
- 9) 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 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 are arriving early or the evening before due to air or long distance travel, please consider helping to set up during the day on Sun, Mar 12th and let the retreat manager know if you can.

-----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 student assistance and/or alternate payment options and is determined on financial need and on the number of requests per retreat and donated funds.

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

Check-in is from **4pm – 5pm Sun, Mar 12th, 2017**, 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. An optional sit begins at 7:30pm followed by the Welcome/Orientation at 8 pm sharp. The First Timer Instruction follows at 9 pm. A 'Newcomer/First Timer' is anyone who has not attended a residential retreat with Shinzen before. If current students (not newcomers) must arrive late, please let us know in advance. Before sending in your registration form, Newcomers/First Timers **MUST** ensure they are able to attend the Orientation and Newcomer/First Timer's Instruction Session.

Weekend participant check-in is at 5:00 pm on Fri, Mar 17th 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, March 19th** 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: **February 17th, 2017** for double rooms only. Single rooms won't be confirmed until **March 1st** to ensure space allows everyone to attend. You will be contacted if your room choice isn't available to see if you'd like to be on a wait list.

-----Cancellation Policy-----

Cancellations between Feb 13-20 will receive an 80% refund; between Feb 21-28: a 70% refund. If we are unable to fill your space, there will be **no refund** for cancellations **after March 1st**.

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

Register early to take advantage of the 'early bird' fees. Return complete registration forms with full payment by cheque or credit card and return **by February 16th, 2017**. Send by regular post, fax or email (server not secure). **Cheques are preferred, but if it's easier for you to pay via credit card, please note instructions & complexity below.**

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: Mail or email completed registration form to cml@bell.net, then telephone or fax CML/VSI office to leave credit card information (# and expiry date – no security code necessary). See numbers below. **Both lines are secure.**

As both office lines are secure, we will not return calls asking us to call back for your credit card information. Also note that credit card transactions are processed through VSI & will show as 'Vipassana Support International' in US funds on your statement. Canadian Participants: We try to ensure the fee is equal to the retreat fee at the time of processing, however differences between banks and rates of exchange will occur. US Participants: Please contact your credit card company as some are now charging an additional 'international transaction fee'. If you're concerned about higher fees or rates of exchange, please send a cheque.

Several post-dated cheques are acceptable. There is **no adjustments in cost** for late arrival or early departure.

Please **DO NOT CALL** or send an email asking about **space availability**. **Even if you've missed the deadline** or called in advance to say you wish to attend, **no space will be saved** for you until we receive both a written registration and payment in full (or partial in accordance with a student assistance or alternative payment plan). For organizing and planning purposes, please make certain all information has been provided on the registration form before sending. 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've contacted you in this case. 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.

Current Students (for weekend or partial only dependent on space) are those who have attended previous residential retreats, not just 1-day events or a Home Practice Program weekend. **Newcomers/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: 905-627-5674

Email: cml@bell.net or choshin@bell.net

Mail registrations to: Community for Mindful Living, 131 Governors Road, Dundas, Ontario L9H 6L6

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:

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| <b><u>8-Day: Mar 12-19, 2017</u></b> | <b><u>by Feb 16th</u></b> | <b><u>After Feb 16th</u></b> |
|--------------------------------------|---------------------------|------------------------------|
| Single Occupancy                     | ** \$ 1,250.00:           | ** \$ 1,400.00:              |
| Double Occupancy                     | ** \$ 1,000.00:           | ** \$ 1,150.00:              |

**Weekend Only: Mar 17-19 (incl. dinner Mar 17)**  
**(Current Students Only & if space allows)** Usually booked into Avila House

|                  |               |               |
|------------------|---------------|---------------|
| Single Occupancy | ** \$ 325.00: | ** \$ 375.00: |
|------------------|---------------|---------------|

Single rooms are granted based on availability due to number of registrants. If you're booking a single room, please indicate if you're willing to share a room in a double occupancy, rather than be put on a waiting list:

**ADD 5% to room rate if paying by credit card** (Single: \$ 62.50 / Double: \$50): \_\_\_\_\_  
 (After Feb 16<sup>th</sup>: Single: \$ 70 / Double: \$ 58)

\*\* If paying in US Funds – **SUBTRACT** \$220 double/week or \$275 single/week:  
 (cheque or credit card) \_\_\_\_\_

**ADD** Optional Donation to Student Assistance: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

Cheque#:

Visa Card #:

Master Card #:

Expiration Date:

**To register, please send completed registration with full payment. See 'How to Register' above, specifically for cheques in Canadian versus US funds and credit card notes.**

(Please complete info below)

**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 CML/VSI before?

Are you- Female:

Male:

I wish to room with:

I Snore:

(If you snore, you should book a single room; however if a double is requested 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 # of people:

I need sitting cushions (for those travelling by air ONLY 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, no dairy, gluten-free, etc.) An extra cost may apply if there is extra labor preparation. Omnivorous Option 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 the Contact List:**