

*Awakening Self-Awareness*  
*Mindfulness Retreat in the Tradition of Thich Nhat Hanh*  
*January 4-6th, 2013*

---

**Friday Jan. 4<sup>th</sup> 7-9pm; Saturday 9am-9pm; Sunday 9am-4pm**  
**Queen's House Retreat Centre (601 Taylor St. W)**

This non-residential retreat will be held in mindful silence. It will include periods of sitting and walking meditation, mindful eating, daily Dharma talks, Dharma discussion, and evening programs, including a presentation on the Mindfulness Trainings. During the retreat there will be opportunities for personal interviews with the teacher and on Sunday there will be an opportunity to formally receive the Five Mindfulness Trainings (Precepts) should you feel it would be helpful to your practice. This retreat is suitable for both new and experienced practitioners. Participants are encouraged to attend the full retreat.

**Other Information:**

- ◆ For more information about the retreat centre see: <http://www.queenshouse.org/>
- ◆ If you wish to make the retreat a residential retreat you may contact Queen's House and book accommodation for Friday and Saturday night.
- ◆ Vegetarian lunches will be served on Saturday and Sunday, vegetarian dinner on Saturday evening.
- ◆ We may be able to arrange car pooling. Let us know if can offer, or need a ride.
- ◆ Straight-backed chairs will be available.
- ◆ If you sit on a cushion bring it, and a mat or blanket for the floor.
- ◆ Wear comfortable clothing and bring outdoor clothing appropriate for walking meditation outdoors.
- ◆ Following tradition, there will be an opportunity to offer dana (make a donation to the teacher to support her teaching).
- ◆ The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7-9pm, at the Unitarian Centre (213 2<sup>nd</sup> Street E.). See: <http://mindfulsaskatoon.ca/>
- ◆ We encourage attendees to bring refillable water bottles

**Registration:** A deposit of \$50 (received by December 28<sup>th</sup>) will secure your place at the retreat. Complete payment (total of \$150) should be made by the start of the retreat on January 4<sup>th</sup>. Cheques should be payable to the *Saskatoon Community of Mindful Living* and sent (along with the registration form) to:

Saskatoon Community of Mindful Living  
422 10<sup>th</sup> St. E  
Saskatoon, SK  
S7N 0C9

For more information, contact Ken Sailor at 665-3430, or [ken.sailor@gmail.com](mailto:ken.sailor@gmail.com)

Registration Form

Name:

Address:

Telephone:

Postal Code:

Email:

Have you previously attended any retreats in the Thich Nhat Hanh tradition? If so, have you taken the Five Mindfulness Trainings?

Do you have a regular sitting practice?

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