

The Saskatoon Community of Mindful Living
Awakening the Heart with Gratitude and Generosity
A Residential Mindfulness Retreat in the Tradition of
Thich Nhat Hanh

Thursday, May 19, 2016, arrival 6 pm - Sunday, May 22, departure 4 pm

Ancient Spirals Retreat Centre

This residential retreat will be held in mindful silence. It will include periods of sitting and walking meditation, mindful eating, daily Dharma talks, personal free time, Dharma discussion, and evening programs, including the Five Mindfulness Trainings, and a question and answer session. 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.

Ancient Spirals is beautifully situated on the banks of the South Saskatchewan River and offers lovely views of the river valley, scenic trails, and many opportunities to enjoy nature. This retreat is suitable for both new and experienced practitioners. Participants are encouraged to attend the full retreat.

Other information:

- ❖ Arrive at 6 pm on May 19 to complete registration and settle in. Program begins at 7 pm
- ❖ For more information about the retreat centre: <http://www.ancientspirals.com>
- ❖ Vegetarian meals will be provided
- ❖ Please refrain from wearing scents as some retreatants have allergies
- ❖ Bring a refillable water bottle, and travel mug for tea and coffee
- ❖ Straight backed chairs will be available
- ❖ If you sit on a cushion, please bring it as well as a mat or blanket for the floor
- ❖ Wear comfortable clothing and bring outdoor clothing appropriate for walking meditation

Following tradition, there will be an opportunity to offer dana (make a donation to the teacher)

Accommodation is provided in simple, dormitory style. Space for tenting is available.

The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7-9 pm, at the Unitarian Centre (213-2nd St East) See: <http://mindfulsaskatoon.ca>

Ancient Spirals Retreat Centre is about 15 minutes south of Saskatoon. Head South of the city on Lorne Ave., which becomes Chief Whitecap Trail or highway 219. The Retreat road turn is about 5 km South of where 219 crosses over Beaver creek. Turn West (right) onto the gravel road at the "Ancient Spirals Retreat" sign. This is before (North of) the farm with the big wind turbine generator. Ancient Spirals is a long, bungalow style house (the only house on the road)

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REGISTRATION FORM

Name:

Address: (incl. postal code)

Phone:

Email:

Have you previously attended any retreats in the Thich Nhat Hanh tradition?

Have you previously attended a residential retreat?

Do you have a regular sitting practice?

What do you hope to gain or come away from the Retreat with?

Do you need a ride to the retreat or could you provide a ride to the retreat?

A deposit of \$90 received by May 5, 2016 will secure your place at the retreat. Complete payment (total of \$190) should be received (at the latest) at registration on May 19. Registration form and cheques made payable to the Saskatoon Community of Mindful Living should be sent to:

Saskatoon Community of Mindful Living
121 - 2233 St. Henry Ave., Saskatoon, SK S7M 5K6

For more information, contact Janet MacFarlane at 306-222-9347, or info@mindfulsaskatoon.ca
This retreat is organized by the Saskatoon Community of Mindful Living.