

The Saskatoon Community of Mindful Living

Cultivating Freedom, Stability, and Fulfillment

A Mindfulness Retreat in the Tradition of
Thich Nhat Hanh

Dharma Teacher Michael Ciborski

Friday, May 12, 2023 - Sunday, May 14, 2023

Queen's House Retreat & Renewal Centre

601 Taylor Street West, Saskatoon, SK

This non-residential retreat (with residential option) will be held in mindful silence. It will include periods of sitting and walking meditation, mindful eating, daily Dharma talks, personal practice time, Dharma discussion, and interviews with the teacher.

Queen's House is located beside the Saskatchewan River and offers views of the river as well as a lovely, peaceful, treed yard with walking paths. This retreat is suitable for both new and experienced practitioners. Participants are encouraged to attend the full retreat.

Other information:

- ❖ **Arrive 6:15 - 6:45 pm on May 12** to register and settle in. Program begins at 7 pm. If you are making this a residential retreat, please **arrive in time to check in to your room**.
- ❖ Friday program goes from 7 pm - 9 pm; Saturday from 9 am - 9 pm; Sunday from 9 am - 4 pm
- ❖ For more information about Queen's House please visit: <http://www.queenshouse.org>
- ❖ Please refrain from wearing scents as some retreatants have allergies
- ❖ You may wish to bring a refillable water bottle, and/or travel mug for tea / coffee
- ❖ Straight backed chairs will be available; you may want to bring blankets, pillows for comfort
- ❖ 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

Our fees cover only our Retreat expenses. Following tradition, there will be an opportunity to practice the gift of dana (generosity) if you would like to show appreciation for our teacher and his Dharma sharings.

Non-residential fee is \$170: includes vegetarian lunch & supper Saturday and lunch on Sunday.

Residential fee is \$320: includes austere single bedroom, shared bathroom facilities, 3 vegetarian meals Saturday and breakfast & lunch Sunday.

Scholarships may be available, please enquire with the Registrar.

The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7-8:30 pm, at the Unitarian Centre (213-2nd St East) and on Zoom. Please visit: <http://mindfulsaskatoon.ca>

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Friday, May 12th, 2023, arrival 6:15 pm - Sunday, May 14th, departure 4 pm
Queen's House Retreat & Renewal Centre

REGISTRATION FORM

Name:

Phone:

Address:

Email:

Emergency contact, (name & phone):

Circle one: Non-residential: \$170 Residential: \$320

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?

Have you received the Five Mindfulness Trainings?

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

For the purpose of assigning rooms, with shared bathrooms, Queen's House asks that we obtain your gender status. You might identify as female, male, non-binary, gender-fluid, etc.

Vegetarian food will be served, and Queen's House will try to accommodate food restrictions people may have. Please circle any that apply, and provide detail below: Vegan Dairy Gluten Food allergies Other intolerance?

Registration and a deposit of \$60 received by April 28, 2023 will secure your place at the retreat. Complete payment should be received no later than May 6, 2023. Registration form and eTransfer payment can be emailed to the Registrar or by mail with cheques made payable to the Saskatoon Community of Mindful Living at the address:

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

For more information, contact **the Registrar:**

Janet MacFarlane at 306-222-9347, or janetmacfarlane@gmail.com