

Saskatoon Community of Mindful Living

## ***Awakening Peace***

A Mindfulness Retreat in the Tradition of  
Thich Nhat Hanh

Dharma Teacher Michael Ciborski

Friday, May 10 - Sunday, May 12, 2024  
Queen's House Retreat & Renewal Centre  
601 Taylor Street West, Saskatoon

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 our 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 6:00 - 6:45 pm on Friday, May 10 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: <https://www.queenshouse.org>
- Please refrain from wearing scents as some retreatants have allergies
- Straight backed chairs will be available. You may want to bring blankets, pillows, mats, etc. for your 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
- Queen's House has no requirements regarding covid precautions, however masks are welcomed if a person so chooses.

The 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 and support for Michael Ciborski and his Dharma teachings. More information will be provided at the Retreat.

**Non-Residential fee is \$155.** Includes vegetarian lunch & dinner Saturday, and lunch on Sunday.

**Residential fee is \$300.** Includes austere single bedroom (2 nights), shared bathroom facilities, breakfast, lunch & dinner on Saturday and breakfast & lunch on Sunday.

We would like the Retreat to be available to everyone, regardless of financial circumstances. Scholarships may be available if some assistance would help. Please enquire with the registrar.

The Saskatoon Community of Mindful Living meets every Monday evening for shared practice, 7 – 8:30 pm at the Unitarian Centre (213 – 2<sup>nd</sup> St. E, Saskatoon, SK) and on zoom. Please visit our website for more information.  
<https://mindfulsaskatoon.ca>

Awakening Peace Retreat Registration

Name:

Phone:

Address:

email:

Emergency Contact (name and phone):

Circle ONE:

Non-residential \$155

Residential \$300

Please tell us about your previous retreat experience, in the Thich Nhat Hanh or any other tradition.

Do you have a regular practice ?

Have you received the 5 Mindfulness Trainings ?

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

If you are making this a residential retreat, please be aware every two single bedrooms share a bathroom between them. For the purpose of assigning rooms, Queen's House asks that we obtain your gender identity. Please specify in the space below. If you prefer a room where the bathroom won't be shared, please note that on this form. We will try to accommodate your request, dependent on how fully booked Queen's House is, or is not.

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-free

Food allergies

Other

Registration and a **deposit of \$60 received by April 26** will secure your place at the Retreat. **Complete payment should be received no later than May 3.** Your registration form and payment may be mailed to the Registrar at the address below. Make cheques payable to the Saskatoon Community of Mindful Living. Or you may email your registration form to the **registrar: [janetmacfarlane@gmail.com](mailto:janetmacfarlane@gmail.com)**, and etransfer your payment to our **treasurer: [treasurerscml@gmail.com](mailto:treasurerscml@gmail.com)**. etransfer is on auto deposit, no need for security question, but please **include your full name and the retreat name, *Awakening Peace*, in the etransfer message.**

**Janet MacFarlane, Registrar**  
**[janetmacfarlane@gmail.com](mailto:janetmacfarlane@gmail.com)**

**Mail: #121 - 2233 St. Henry Ave., Saskatoon, SK S7M5K6**