

Resiliency in Challenging Times

A Non-Residential Mindfulness Retreat in the Tradition of Thich Nhat Hanh

October 22-24th, 2010

Friday 7pm-9pm, Saturday 9am-9pm, Sunday 9am-4pm

Queen's House of Retreats (601 Taylor St. W.)

Registration Form

Name:

Address:

Telephone:

Postal Code:

Email:

Register by October 15th, 2010

Make cheque for \$150.00 payable to the Saskatoon Community of Mindful Living and send to:

Saskatoon Community of Mindful Living
21 - 120 Acadia Drive
Saskatoon, SK
S7H 3V2

For more information, contact Paulette Caron at 373-0610, or p.caron@sasktel.net

Other Information:

- ◆ There will be an opportunity to take the Five Mindfulness Trainings if you wish to
- ◆ The retreat fee does not include *dana*. There will be an opportunity to make a donation to support Cheri's teaching.
- ◆ Straight-backed chairs will be available.
- ◆ If you sit on a cushion bring it and a mat for the floor.
- ◆ Bring a blanket for lying down (relaxation) meditation.
- ◆ Wear comfortable clothing and bring outdoor clothing appropriate for walking meditation outdoors (in case weather permits).
- ◆ The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7-9pm, at the Unitarian Centre (213 2nd Street E.). See: <http://mindfulsaskatoon.ca/>

Cheri will give a free public talk, "Mindfulness and Social Justice," at the Frances Morrison Public Library, Thursday, Oct. 21st, 7pm.