

The Saskatoon Community of Mindful Living

Letting Go of Fear:  
Finding Ease and Freedom With the Practice of Mindfulness and Understanding  
A Mindfulness Retreat in the Tradition of  
Thich Nhat Hanh

Dharma Teacher Michael Ciborski

Friday, Sept. 27, 2019 - Sunday, Sept. 29, 2019  
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 Sept. 27** 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 \$120: includes vegetarian lunch & supper Saturday and lunch on Sunday.

Residential fee is \$250: includes austere single bedroom, shared bathroom facilities, 3 vegetarian meals Saturday and breakfast & lunch Sunday.

Scholarships may be available, please enquire with the Registrar. Young adults are encouraged to apply.

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

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Friday, Sept. 27, 2019, arrival 6:15 pm - Sunday, Sept. 29, departure 4 pm  
Queen's House Retreat & Renewal Centre

REGISTRATION FORM

Name:

Address:

Phone:

Email:

Emergency contact, (name & phone):

Circle one:          Non-residential: \$120          Residential: \$250

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?

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

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?

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

Registration and a deposit of \$55 received by Sept. 10, 2019 will secure your place at the retreat. Complete payment should be received no later than Sept. 19, 2019. Registration form and cheques made payable to the Saskatoon Community of Mindful Living should be mailed to:

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 [info@mindfulsaskatoon.ca](mailto:info@mindfulsaskatoon.ca)