

# The Middle of the Path

*A Residential Mindfulness Retreat  
in the tradition of Thich Nhat Hanh  
June 9-12<sup>th</sup>, 2011*



## Lay Teacher: Rowan Conrad

Rowan received teacher transmission from Thich Nhat Hanh in 2004. He has worked as a counselor, psychology professor, and a Peace Corps chemistry teacher. He practices with one of the longest existing Thich Nhat Hanh sanghas in North America (in Missoula, Montana) and works to bring mindfulness practice to prisoners.

## Residential Retreat at Skekinah Retreat Centre

Skekinah Retreat Centre is located on the North Saskatchewan River, a 50 minute drive north of Saskatoon. See: <http://www.skekinahretreatcentre.org/> Suitable for beginning and experienced students of meditation, our practice will include sitting and walking meditation, Dharma talks, Dharma discussion, and noble silence. All meals will be vegetarian, and our accommodation will be in dorm-style rooms (some camping facilities are available, make inquiries when registering). Check in Thursday at 6pm, Departure, Sunday late afternoon.

## Registration and Cost

A \$60 deposit received by May 26<sup>th</sup> will secure your place at the retreat. The total cost is \$270; full payment is due by June 9<sup>th</sup>. The retreat cost includes meals and lodging and covers only our expenses in holding the retreat; our retreat leader does not charge for his teachings. Following tradition, there will be an opportunity to support the teacher by way of a donation (dana). Registration forms available at: <http://mindfulsaskatoon.ca/> Or contact Ken Sailor at [ken.sailor@gmail.com](mailto:ken.sailor@gmail.com), or phone 665-3430.

This retreat is organized by the Saskatoon Community of Mindful Living: <http://mindfulsaskatoon.ca>