

# *Untangling Our Minds*

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

*January 29-31st, 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 **January 22<sup>nd</sup>**, 2010

Make cheque for \$140.00 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](mailto:p.caron@sasktel.net)

### **Other Information:**

- ◆ Some parts of the retreat will be held in silence.
- ◆ The retreat fee does not include *dana*. There will be an opportunity to make a donation to Rowan.
- ◆ 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 2<sup>nd</sup> Street E.). See: <http://mindfulsaskatoon.ca/>

**Rowan will give a free public talk:**

**Thursday, Jan. 28<sup>th</sup>, 7pm, at the Frances Morrison Public Library**