

"Renewing Our Lives, Deepening Our Practice"

Meditation Retreat at Holy Wisdom Monastery

January 27-29, 2012
Madison, WI

Instructors
Cheri Maples & David Haskin

An intensive practice retreat blending the Thich Nhat Hanh & Vipassana traditions ("Thaypassana") - recommended for both experienced & newer practitioners wishing to deepen their meditative practice

A strong daily personal meditation practice serves as the foundation of ever-deepening understanding of ourselves and the nature of our joy & suffering. This silent retreat offers an opportunity to start the new year with a more intensive practice. It will offer 30-45 minute periods of sitting & walking meditation, qigong led by Steven Spiro, supportive group discussions, and meditation instruction - including looking deeply, or vipassana.

Friday, January 27, 10:00am - 9:00pm
Saturday, January 28, 8:00am - 9:00pm
Sunday, January 29, 8:00am - 3:00pm

Residential availability at Holy Wisdom Monastery is sold out for this retreat; additional lodging is available at nearby hotels; see next page for details.

Non-residential Cost: \$125

Qualifies for 24 Continuing Education Credits in Social Work

Cheri Maples is an ordained Dharma Teacher by Zen Master Thich Nhat Hanh, and teaches Mindfulness throughout the country, including in prisons. She is also a consultant, trainer, and co-founder of the Center for Mindfulness & Justice.

David Haskin has practiced meditation since 1971 and is an ordained member of Thich Nhat Hanh's core Mindfulness practice community, the Order of Interbeing. He has taught Mindfulness widely, and is a founder of Mindful Man, a group bringing Mindfulness specifically to men.

Please see next page for retreat details and to register.

This flyer is also available at www.mindfulnessandjustice.org

"Renewing Our Lives, Deepening Our Practice" Retreat at Holy Wisdom Monastery
Course details and registration form...

Cost:

Non-Residential: \$125: Retreatant will not lodge overnight at Holy Wisdom Monastery, but commute to the retreat (from home/hotel/etc.), while still doing one's best to maintain Noble Silence/the retreat atmosphere for duration of retreat.

Costs include vegetarian lunches & dinners, (& light continental breakfast & lodging for residential retreatants), coffee/tea, retreat facility, and other retreat expenses. There is no charge for the teachings. The cost includes no compensation to the instructors; however, a donation (dana) to the teachers is encouraged (more info provided at time of retreat).

Off-Site Lodging: Holy Wisdom Monastery lodging is sold out for this retreat, but we have reserved blocks of rooms at nearby hotels at discounted rates (separate from retreat cost) for retreatants - both are off the Beltline & a 15-minute drive to the retreat center at Holy Wisdom. If you're interested in lodging, please make reservations at one of the following hotels:

- **Baymont Hotel:** 8102 Excelsior Dr, Madison, WI 53717; \$52 for King/Double; Block/Rate Expires January 2
- **Fairfield Inn:** 8212 Greenway Blvd, Middleton; \$69/King, \$79/Double; Block/Rate Expires Dec. 27

CUSTOM WEBSITE TO CHECK INTO FAIRFIELD: <http://cwp.marriott.com/msnmw/holywisdom/>

CEUs: Retreatants completing full retreat who wish social work continuing education will receive certificate with 24 CEUs.

Financial Assistance: There may be a limited number of scholarships available, depending on donations. Contact Maureen at info@mindfulnessandjustice.org for more information.

Deadlines & cancellations: Please register early for the retreat. All cancellations are subject to a nonrefundable \$25 fee; cancellations on or before Jan. 6, 2012 will be refunded the retreat fee, less \$25. Because of the policy of the retreat facility, no refunds can be given if cancellations are received after Jan. 6, 2012.

Registration: By U.S. mail only. Confirmation will be provided by e-mail along with additional retreat information. Participation is on a first-received basis. If the registration becomes full, you will be placed on a waiting list, to be contacted if space becomes available. For questions, contact info@mindfulnessandjustice.org.

To Register: Please make checks payable to **C4MJ** and mail with registration form below to:

Center for Mindfulness & Justice
P.O. Box 1971
Madison, WI 53701-1971

REGISTRATION FORM: PLEASE PRINT LEGIBLY, DETACH BELOW & MAIL WITH PAYMENT

"Renewing Our Lives, Deepening Our Practice" Retreat at Holy Wisdom

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

e-mail (LEGIBLE, please!) _____

How Did You Hear of This Retreat? _____ Gender: M ___ F ___

Cost (\$125) _____ Enclosed is a scholarship donation of \$ _____. Total amount enclosed \$ _____

Briefly Describe Your Meditation Experience (how many years practiced, what is your daily practice, approx. # of retreats attended):

CHOOSE ONE of the following (there is not enough room in the meditation hall for both a spot on the floor and a chair for each person):

I will bring my own cushion/bench to sit on _____ I will use a chair provided by facility _____