

# ***"Mindfulness in Recovery: Healing & Acceptance in the Here & Now"***



**A Non-Residential Mindfulness Retreat  
led by Cheri Maples & David Haskin,  
with Hal Dessel.**

**July 16-18, 2010**

*Friday 7-9 pm, Saturday 9 am - 5 pm,  
Sunday 9 am - 3:30 pm.  
UW's Pyle Center, Madison, WI*

Accepting ourselves as we truly are and making wise decisions about our lives are requirements for healing and successfully recovering from addiction. The meditative practice of Mindfulness trains us to accept life -- and ourselves -- as they truly are in this moment. This allows us to stop reacting to life's challenges in unproductive ways and, instead, respond to ourselves, to those around us and to the challenges of everyday life with with kindness, compassion and joy.

We will explore how Mindfulness can help us heal and recover through the practices of sitting & walking meditation, group discussions, Q&A sessions, and teacher dharma talks. The retreat will mainly be held in silence. It is appropriate both for beginners to Mindfulness and experienced practitioners -- and to those who consider themselves "recovering" in any sense.

**Cheri Maples** is an ordained Dharma Teacher by Zen Master & peace activist, Thich Nhat Hanh. She is also a consultant, trainer, and co-founder of the Center for Mindfulness & Justice. Cheri has extensive experience as a social justice advocate, including working in the criminal justice profession for 25 years as a police officer, the Head of Probation & Parole, and an Assistant Attorney General in WI. She has been in recovery for more than 20 years.

**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, with special focus on using Mindfulness to strengthen recovery and also as an aid for returning combat veterans dealing with issues such as anxiety and post-traumatic stress disorder (PTSD). He is a founder of Mindful Man, a group dedicated to bringing Mindfulness specifically to men.

please see next page...

**Hal Dessel** has practiced meditation since 1964 and is a psychotherapist in Milwaukee specializing in recovery from addictions and traumas. Mindfulness and twelve-step spirituality are core components of both his professional and personal life.

### Course details and registration...

**Cost:** \$90 includes vegetarian lunches & morning/afternoon snacks, and other retreat expenses. In keeping with ancient tradition, there is no charge for the teachings; the price cited reflects only the expenses of holding this retreat. However a donation (dana) to the teachers is encouraged. Dana is the Sanskrit word for generosity and is a voluntary, free-will offering to teachers that you can make at the end of the retreat if you find the teachings helpful and if you are able.

**Deadlines & cancellations:** Please register early for the retreat, as we expect it to fill quickly. We cannot promise to refund the registration fee for cancellation after July 5.

**Continuing Education Credits:** 12 credit hours for social workers/counselors are available.

**Lodging:** For those needing overnight lodging, separate from the retreat, a block of rooms are reserved at Lowell Hall, ½ block from the Pyle Center (\$89/night, tax-free, w/ free breakfast & parking). See [www.conferencing.uwex.edu](http://www.conferencing.uwex.edu) to make reservations, and mention the name of this retreat. You must reserve rooms by June 18, after which the block of rooms will not be held and we cannot guarantee room availability.

**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, please contact Maureen at [info@mindfulnessandjustice.org](mailto:info@mindfulnessandjustice.org).

**To Register:** Make checks (\$90 per person) **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 DETACH & MAIL WITH PAYMENT**

"Mindfulness in Recovery: Healing & Acceptance in the Here & Now" Retreat

Is this your first mindfulness retreat? \_\_\_\_\_ Enclosed is an additional \$ \_\_\_\_\_ for the scholarship fund to help retreatants who need assistance. Total amount \$ \_\_\_\_\_

How did you hear of this retreat? \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_

(please print clearly, as further retreat details will be sent via e-mail)

**For more information, see <http://www.mindfulnessandjustice.org>**