

Community Meditation Retreat

Practicing with Community

April 28-29, 2012

8:30 a.m. - 8:30 p.m., Saturday, and 8:30 a.m. - 1:00 p.m., Sunday

[Holy Wisdom Monastery](#), Middleton, WI

Sponsored by [Madison Vipassana, Inc.](#)



Set aside time for a weekend of sustained meditation practice in a beautiful setting. We welcome everyone to consider this retreat, whether or not you attend one of our regular sitting groups. Please be aware that unlike most of our retreats, this retreat will **not** be led by a teacher and there will be no guiding instructions. Rather we will gather together to support each other in a day and a half of silent practice following a schedule of alternating sitting and walking periods, with meals and rest periods included. There will be some times for talking as well. At least one optional small group session will be facilitated by one of our Community Dharma Leaders (Janice Sheppard or Cindy McCallum) who can answer questions about your practice. After Saturday's dinner and an evening sitting we will gather (perhaps around a bonfire) to reflect on our practice. Those of you who wish can share about what brought you to meditation practice, share a story that illustrates the benefits you find from practice and/or talk about what helps sustain you at times when the practice is challenging. The retreat will end with time to reflect aloud later in the morning on Sunday, followed by lunch. Sitting meditation periods of 45 minutes will alternate with periods of walking meditation throughout each day. We will maintain noble silence except during structured talking times, which will be optional. Come to the beautiful space at Holy Wisdom for a weekend of practice and community connection!

Cost: \$60 for Non-Residential retreat (covers vegetarian meals, and other retreat expenses)

\$95 retreat +Saturday night lodging- double room

\$115 retreat +Saturday night lodging- single room

\$130 retreat +Friday & Saturday lodging – double room

\$170 retreat + Friday & Saturday lodging – single room

Lodging: The retreat center has a limited number of single & double rooms (shared bath) available. The cost of the rooms includes a continental breakfast. The rooms are available on a first come basis. Reserve early if you are interested.

Financial Assistance: Financial assistance is available through scholarships. For more information, contact Cindy at camccallum@sbcglobal.net or (608) 220-4015.

Special Needs: To inquire about special situations, contact Julie at juliemeyer@tds.net or (608) 231-1558 (email preferred). Simple vegetarian meals will be provided. We are unable to accommodate special dietary needs.

Registration: You are encouraged to register early. Registrations will be on a space-available basis and must include a registration form (also

REGISTRATION FORM: Practicing Together as a Spiritual Community, Holy Wisdom Monastery, Middleton, WI
Makes checks payable to: Madison Vipassana, Inc.

available at www.vipassana.net) and a check to reserve your spot. Confirmation will be provided by email and will include information on the facility, driving directions, and recommendations on what to bring. If the registration becomes full, you will be placed on a waiting list to be contacted if space becomes available. Those on the waiting list who do not get a spot will receive a full refund. For questions about registration, contact Julie at (608) 231-1558 or juliemeyer@tds.net.

Cancellation and refund policy: All cancellations are subject to a nonrefundable \$25 fee. Cancellations received on or before March 30 will be refunded the retreat fee less \$25. Cancellations after March 30 will only receive a refund of the retreat fee, less \$25, if there is a person on the waiting list wanting to register for the retreat.

To Register: Send check for appropriate amount for the retreat, plus the amount for overnight accommodations if you are requesting them, and the registration form to:

Madison, Vipassana, Inc.
c/o Julie Meyer
3914 Birch Ave.
Madison, WI 53711

Circle your gender M F

Is this your first vipassana retreat? _____

Name _____ Address _____

City _____ State _____ Zip _____ Phone: Day _____ Eve _____

Email _____ I enclose an additional \$ _____ donation for scholarships.

Amount Enclosed, (select one) ___ \$60 for Non-Residential retreat
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