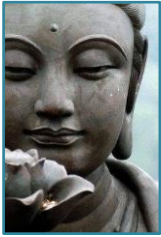


— IMPORTANT —

We're migrating our email lists to MailChimp. This includes the main Yahoo! list and the separate lists for our Tuesday and Friday night sitting groups. To continue receiving notices from us, including news of upcoming retreats and weekly sittings, you'll need to sign up. Please see the [article on page 8](#).



CLEAR MIND

The Newsletter of Madison Vipassana, Inc. ❖ March 2018

Meditation Retreat with DaRa Williams, May 11–12, 2018

We're delighted to announce that DaRa Williams will be leading a retreat for us May 11–12, 2018, at Holy Wisdom Monastery in Middleton, Wisconsin.

DaRa Williams is a meditation teacher, trainer, and psychotherapist who has practiced Vipassana meditation for 25 years. She completed the Spirit Rock/Insight Meditation Society (IMS) teacher training program in 2016 and serves as a guiding teacher at IMS. She also served as a guiding teacher in the Spirit Rock Compassionate Companions Program.

DaRa has been a clinician and administrator in the field of mental health for more than 25 years and currently maintains a private practice in Manhattan. She is a certified trainer and practitioner of Indigenous Focusing-Oriented Therapy and Complex Trauma. DaRa integrates these skills, understandings, and world views in her intention to contribute to the ending of suffering for all beings.

This retreat will be suitable for both beginning and experienced meditators. Sitting meditation periods will alternate with periods of walking meditation throughout each day. We will observe noble silence except during instructions, question-and-answer sessions, interviews, and Dharma talks.



The retreat will be nonresidential, with a residential option for a limited number of practitioners. Holy Wisdom offers a beautiful and peaceful setting for this wonderful practice opportunity.

Registration fees cover teacher transportation, room (for residential retreatants), simple vegetarian meals, and other retreat expenses. With this retreat, we're trying out a [sliding-scale approach to registration fees](#). The sliding scale will go from 50% to 150% of actual costs, and within this range you're invited to offer the amount that best suits your circumstances.

Registration preference	Actual cost	Sliding scale
Nonresidential	\$130	\$65–\$195
Double room	\$175	\$110–240
Single room	\$200	\$135–\$265

Please pay at the highest level of the sliding scale you can afford. This gives an opportunity to attend to others who need to pay less. If the lower end of the range exceeds what you can afford, financial assistance is available through our scholarship program.

In keeping with Theravada Buddhist tradition, there is no charge for the teachings; however, a donation (*dāna*) to the teacher is encouraged.

To register for the retreat, please complete the [registration form at the back of this newsletter](#). Early registration is encouraged to ensure a spot. We will [hold a number of spaces open until the last week in April](#) to facilitate attendance by young adults (18–26) and those identifying as people of color.

For a sample of DaRa's teaching, see the interview on the next page or sample any of DaRa's talks available free of charge on the [Dharma Seed website](#). ❖



Junco at Holy Wisdom Monastery in winter

Compassionate Awakening: Interview with DaRa Williams

This interview is reprinted with permission from the [Spirit Rock Meditation Center website](#).

Spirit Rock: Why is the cultivation of compassion (*karuna*) essential to awakening?

DaRa Williams: There is a non-acknowledgment around the fact that the two go hand-in-hand. Awakening is not a separate state of being that comes into existence without the cultivation of the heart and the mind. We live in a time, a place and a culture in which the cognitive functioning aspects of the brain and mind have been elevated as the pinnacle or place to operate from, at the loss and exclusion of understanding the great wisdom and contribution that the heart brings. And so we've been imbalanced for a very long time, going back to Descartes, and before him the Greeks. What might have been if we had been inclusive and holistically oriented? What might have gone into understanding and discovering who we are as human beings if instead of separating the heart and mind we had integrated the two? It doesn't seem to me that awakening is something that can happen without bringing the whole to the party and cultivating and developing them both. It's hard when there's conditioning to lean into the non-felt sense way of knowing. It can be challenging and difficult to deconstruct that and then reconstruct ways of understanding and knowing that utilize and synthesize both the heart and mind.

SR:- What does compassion bring to awakening?

DaRa: Connection to self and connection to others. In our tradition, what has been cultivated in terms of the heart—and I think it's changing a little bit—is *metta* (loving-kindness). We do metta, we learn metta, we teach metta, we live through metta. But the piece that

elevates metta to the terrain of connection with each other, the universe, nature, so that we are not separate from any of it, is compassion. If one connects into the compassionate heart, it's going to, at times, bring one to a place where you have to be present with personal suffering and the suffering in the world. And that can be a place that oftentimes is so difficult that we find all these ways to turn away from it. The only way we can actually meet each other and meet the world and what's happening is by strengthening the heart. Compassion becomes an embodied way of moving towards awakening as opposed to this "above the neck" place of understanding awakening and freedom.



SR: What does the quality of compassion feel like? Can you describe it?

DaRa: That's a good question. It's an actual falling or grounding into being for me. How it feels for me is walking in life in a balanced way where I am present to this embodied self that I move around in, but not at the exclusion of everything else around me. So I am aware of each interface and experience with

understanding, with seeing, with hearing. I am aware that there is a big holding of all of it as I move forward in my life. Compassion and metta, are not—some of my colleagues might not agree with this—cognitive states. They're actually states of grace. One knows it when one feels it, compassion. It's actually a felt sense, a knowing before the words or cognition. There's not a formula for this, which is why I think our Vipassana practice is so good because we develop the skills to be able to discern feeling states and mind states and all of that. And so we don't get confused or deluded about some of the other states that can feel or look like compassion, but aren't, like pity.

SR: In a dharma talk you gave at the Insight Meditation Retreat in July, you said that we have to experience self-compassion before we can truly experience compassion toward others. Can you speak a little about the importance of self-compassion?

DaRa: There are many people that have a great deal of compassion. But when we don't cultivate and develop self-compassion, we become fairly quickly under-resourced and unable to continue to move forward and be fully present with our own embodied experience as well as with other embodied beings that we move through this life with. And unfortunately it's almost like the experience of compassion becomes rigid and inflexible in the face of not creating compassion for oneself as we sit with, engage with or meet the suffering of others. I mean, one of the ways to know suffering in someone else is to know it yourself—to be aware of what that feels like, tastes like, smells like, looks like, sounds like. And so self-compassion actually can act as a

bridge between understanding compassion, having compassion, generating compassion, and offering compassion to others. In the domain of taking care of yourself, if you are opening to the experience of knowing the suffering of others and you're not taking care of yourself, you will harm yourself. So it's like a protective state.

SR: In the same dharma talk you said compassion leads us to take appropriate action. How does it do that?

DaRa: When compassion is developed and cultivated and we are present to that development, then the choices we make in terms of actions will be driven by that understanding. And one of the things that I said in my talk is that at times it could mean it's not time to take an action. So it's not always just about what action would result out of a place of compassion, but sometimes it's very compassionate to know that an action is not called for and that we just need to pause and assess. Then we go through the process of seeing—even before getting to the choosing—what actions might be appropriate, what actions might be wise. The arising of that understanding is coming from the place of knowing compassion.

This goes back to the question you asked earlier about awakening—awakening for what? So we can get out of here and not come back? What is driving that behavior and choices to lean into that as a goal? Why? You become enlightened, you don't become enlightened—how are you living your life today? What are you doing today to make it better and good for you and others and us all? There's been a particular way we've understood awakening over

the years, is that the way Buddha meant it? I don't know.

That's actually part of why I signed on to work with the Compassionate Companions Program because I think that there's a strong habit, a strong conditioning towards wanting to get somewhere that has the perception that all suffering will cease when we get there. But what are we doing today? What are we doing when someone is losing a loved one? How are we being with that person? What are we bringing to them? What are we offering to the dying person or the partner of the dying person? How do we move forward as an individual with aging, when the body stops doing what it's been able to do for the past 40 years? How do we navigate these natural places that we all have to move through? At some time—for some of us it's when we're younger, and for some of us it's when we're older—you can bet you're going to have to navigate that. We all have to navigate that as embodied beings. So how do we assist ourselves and others to navigate these natural conditions that come about as a result of the privilege of being embodied?

SR: What then does it mean to be a compassionate companion to others?

DaRa: Since I've talked a bit about compassion already, I'll talk about the companion part. So it's having a journeyer, a partner in navigating these conditions of life. I think one of the biggest pieces of the partnership is the listening that you bring. So in terms of being a companion, a lot of times it's not what you're doing. Sometimes there are actions that need to happen, sometimes there's movement that needs to flow. But a big piece of

being a partner is providing your listening for someone, providing a holding place for someone to be able to just be with whatever the difficulties and challenges are that they may be confronted by.

You know, there's this real interdependence of care and action. So the caring piece is also a big piece. When you sit with people and help them move through having to put a funeral together for a loved one or going to the doctor and hearing for the first time that they have cancer, when we're confronting these kinds of things, a big contribution can be bringing the emptiness, bringing the heart place to just listen before going into that action place. So for me, being a compassionate companion is to hold people, to create the spaces that allow people to just be, bringing whatever that being-ness is in the moment with whatever they're confronting. And if you're not tethered, if your rudder is not strong, you end up adding to the person's suffering as opposed to really aiding them or assisting them with whatever it is that is a request to support them. So a lot of what being a compassionate companion is about is developing and cultivating ourselves such that we can remain balanced, equanimous, loving, and aware, and bringing that listening for what's needed at any given time with someone who's struggling with any of these life's difficulties. ❖



New Sliding-Scale Fee Structure for Retreats

Beginning with the May 2018 retreat led by DaRa Williams, we are trying out a sliding-scale approach to retreat registration fees. The sliding scale will go from 50% to 150% of actual costs, and within this range retreatants will be invited to offer the amount that best suits their circumstances.

As is often said, the teachings of the Buddha are priceless, and accordingly, our aspiration is to make our retreats available to all, regardless of resources. This is in keeping with the beautiful practice of *dāna* (generosity), the first of the 10 *parami* or perfections. A sliding-scale fee structure offers those with

With generosity, what one gives is not that significant, rather it is the act of giving that's of value. This action opens the heart in a benevolent way, and affects another person accordingly. It's a movement into the reality of a shared world.

— Ajahn Sucitto, *Parami: Ways to Cross Life's Floods*, p.36.

more than they need the opportunity to share with others, while offering those of more limited means the opportunity to experience gratitude and the joy of receiving.

We must also be realistic about our obligation to pay the bills. Thus, we're adopting this new fee structure on an experimental basis, to be reevaluated as we go.

Please pay at the highest level of the sliding scale you can afford. This gives an opportunity to attend to others who need to pay less. If the lower end of the range exceeds what you can afford, our scholarship program is there to help. ❖

Lead Sunday Night Sangha!

Our Sunday night sitting group has been peer-led for more than 20 years. On the first and third Sundays of the month, a 45-minute sit is followed by a talk and discussion led by a volunteer. If you've attended our Sunday night sits, we invite you to consider this opportunity. We're a friendly group with a lot to say, so leading doesn't mean preparing a formal talk or speaking for an hour. At the right are some suggestions for leaders. And thanks in advance! ❖

Madison Dharma Community

Did you know Madison has a citywide sangha email list? The Madison Dharma Community list is intended for all Dharma practitioners in the greater Madison area. The list serves as a resource for anybody hoping to get the word out on Dharma-related news and requests to the widest possible group of interested practitioners. It's a place to post notices about retreats and other practice opportunities, as well as more personal items, such as "practitioner roommate wanted" or "house available for rent." It also offers an opportunity for inter-sangha discussions about practice. Subscribing to the list is fast and, of course, free. Just go to [this link](#) and click "Join Group." The list is set up as a Google Group, but you don't need a Google account to join. The list is lightly moderated to prevent spam.

May the Madison Dharma Community list be of benefit to everyone on the path! ❖

Madison Insight Meditation Group

Thank you for your generosity in offering to lead a Sunday night talk and discussion. Below are some approaches we've found helpful during our 20+ years as a peer-led sangha. If you have any questions, please don't hesitate to contact Lori Creswell, Sunday night coordinator, at loricres@charter.net.



Suggestions for Leading

a Sunday Night Talk & Discussion

1. Stay grounded in your practice and your intention to share the Dhamma (Dharma). Draw on your own experience to investigate, illustrate, or deepen understanding of our shared experience.
2. Leave time for discussion. Know that you can rely on the group's collective wisdom to create a rich conversation. And if discussion wanes, rest comfortably in noble silence.
3. Close with a sharing of the merit, in whatever words you find meaningful.

Most important, remember that we are a very supportive group. Take joy in the sincerity of your intention and your willingness to lead for the benefit of others.

Anumodana!

MIMG Sitting Groups

Madison Insight Meditation Group offers three weekly meditation opportunities, one in central Madison, one on the west side, and one on the east side. Bring your own meditation cushion or bench if you have one. Chairs and some extra cushions are available. Details are below.

Central: Sundays 6:00–8:00 p.m.

First Unitarian Society, 900 University Bay Drive, Madison

1st & 3rd Sundays: 45-minute sitting followed by talk and discussion

2nd, 4th, & 5th Sundays: 45-minute sitting, 20-minute walking meditation, 45-minute sitting (breakout group on 2nd Sundays offers introduction to insight meditation—see below)

This sitting group is peer-led.

West: Tuesdays 6:30–8:15 p.m.

9638 Shadow Ridge Trail, Middleton ([directions on website](#))

45-minute sitting followed by Dhamma talk/discussion

This sitting group is led by Janice Cittasubha Sheppard, who was trained at Abhayagiri Buddhist Monastery as a Buddhist Lay Minister, and at Spirit Rock Meditation Center as a Community Dharma Leader.

East: Fridays 7:30–9:00 p.m.

Main Street Yoga, 1882 E. Main Street, Madison

30-minute sitting followed by 10-minute movement meditation and Dhamma discussion or talk

Dhamma discussions are led by James Meadows, Jayson Chung, and Richard Ely. James has had a meditation practice since 1994, when he spent four months at Wat Pah Nanachat (International Forest Monastery) in Thailand. He has a master's degree in Buddhist Studies from Naropa University. Jayson was one of the earliest participants of Madison Insight Meditation Group. He has studied with Matthew Flickstein since 2005.

Richard has practiced with Madison Insight for 10 years and has completed Janice Cittasubha Sheppard's yearlong course, *Form and Freedom in Theravada Buddhism*.

Introduction to Insight Meditation

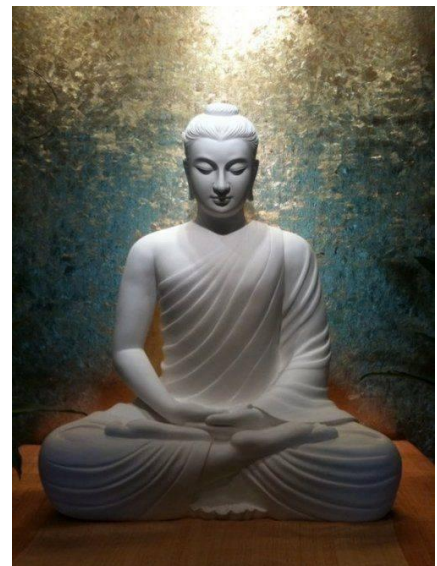
Madison Insight Meditation Group (MIMG) offers an introduction to meditation the second Sunday of each month from 6:00 to 8:00 p.m. Those who come for the introduction have time together with a leader, in a separate room, to introduce themselves, learn some of the fundamentals of sitting and walking meditation, and hear a bit about our group and its history.

These monthly introductory sessions are open to everyone. Everyone is also welcome to attend any of our three sitting groups (see above). We hope you'll join us! ❖

Kalyana Mitta Groups

A *Kalyana Mitta* (*spiritual friend* in Pali) is a group of 8–12 individuals who gather periodically to study and discuss the teachings of the Buddha and his path of practice. Each group determines how frequently to meet, what to read, and how to structure the sessions. Madison Insight Meditation Group gathers the names of those interested, and when there are enough people for a new group, they are notified and assisted in getting the group started. Once established, each Kalyana Mitta manages on its own.

If you're interested in joining a Kalyana Mitta, email Dave Creswell at davecres@charter.net. ❖



Upcoming Half-Day Sits

Madison Insight Meditation Group will hold half-day sits on two Saturdays this spring: March 10 and May 26. These will be held at MATC in the Bamboo Room (Room 131, Truax-Health Building, 1701 Wright St., Madison; directions [here](#)). Meditation cushions are available at the venue.

We will begin at 9:00 a.m. (try to arrive a little early), and the formal practice will conclude at about noon. Periods of sitting meditation will alternate with walking/moving meditation. If you can't come at 9:00, feel free to join us during the walking period at 10:00 or 11:00—or come just for the meal at noon!

The meal will be a potluck, so bring a dish to share if you can, but come anyway if you can't—there will be plenty to eat. We will provide plates, bowls, and cutlery.

There are three parking options:

1. The General Lot in front of the building;
2. The Gated Visitor Lot (you'll need to enter a password on the keypad: Press #, then enter 9868); or
3. Marked student stalls in the main lot.

For more information, contact Natalie Weill at nataliefriendship14@gmail.com. ❖

Help with Retreat Audio

Madison Vipassana, Inc., is putting together a small team of people who are available to manage the audio sound system at retreats. This is an important form of service: providing proper audio amplification allows all attendees to fully benefit from the teachings offered at the retreat. In addition, the teacher's Dhamma talks are sometimes recorded and made available to attendees and the wider sangha. Having multiple people trained for this service helps ensure that we have someone available and willing to do audio at each retreat.

Audio tasks involve setting up and operating an amplifier, mixing board, speakers, and microphones. It also involves connecting our assisted listening device system to the mixing board. At some retreats, the audio operator will also connect and operate a digital recorder. Team members will be fully trained and supported in all these tasks, and they are offered retreats where they serve at no cost.

To volunteer for or learn more about the Madison Vipassana Audio Team, contact Scott Knickelbine at scottknickelbine@gmail.com. ❖

Upcoming Meditation Classes

Introduction to Meditation:

Training the Mind

Taught by Janice Cittasubha Sheppard
Saturday, March 3, 10, 17, & 24, 2018,
9:00–11:00 a.m.
9638 Shadow Ridge Trail, Middleton, WI

This four-week introductory class teaches the basic principles of breath-based meditation as outlined by Gotama Buddha 2,560 years ago. The skill of meditation offers us a way to train the mind and cultivate ease, clarity, kindness, and awareness in our daily lives. Participants will learn techniques for formal sitting, standing, and walking meditation, as well as informal practices to establish and cultivate joy, open-heartedness, kindness, balance, and wisdom in any moment and as we go about our daily life.

Introduction to Buddhism:

Clearing the Path

Taught by Janice Cittasubha Sheppard
Sunday, April 22, 1:00–3:00 p.m.
Saturday, April 28, May 5, & May 12, 9:00–11:00 a.m.
9638 Shadow Ridge Trail, Middleton, WI

This continuing meditation class builds upon the introductory class and is intended for those who have an established meditation practice. Participants should have a basic understanding of breath meditation, be comfortable meditating for 20 minutes, and be meditating frequently. The class focuses on the foundational teachings of the Buddha so participants can better understand the benefits of sustaining a meditation practice.

Note. The practices and ideas presented in each series of classes are progressive. Attendance at the prior class is assumed in what is presented at each subsequent class. Those able to attend the complete series are most able to benefit and develop their practice. Please register only if you believe you will be able to attend all sessions and sustain a daily meditation practice, in order to enhance your own comprehension and to build group cohesion for the benefit of your fellow students. For more information or for questions, contact Janice Cittasubha Sheppard at cittasubha@gmail.com.

Retreats

— Retreats Offered by Madison Vipassana —

Ajahn Sucitto, July 14–23, 2018

St. Anthony Spirituality Center, Marathon, WI (residential)

Rebecca Bradshaw, October 4–7, 2018

Pine Lake Camp, Westfield, WI (residential)

Mark Nunberg, March 7–10, 2019

Holy Wisdom Monastery, Middleton, WI (nonresidential/residential)



— Retreats Offered by Other Sanghas —

Madison Insight's own [Janice Cittasubha Sheppard](#) will be co-leading four retreats in the coming year offered by other meditation communities in the region:

Mindfulness, Concentration & Insight Meditation as a Spiritual Path, April 12–15, 2018

Taught by Janice Cittasubha Sheppard & Steven Spiro — Techny, IL ([details & registration](#))

The Balance Point: Being Peace, June 8–10, 2018

Taught by Janice Cittasubha Sheppard & Steven Spiro — Oshkosh, WI ([details & registration](#))

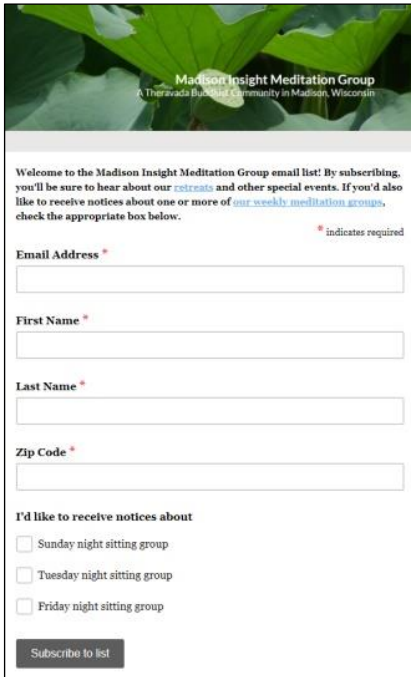
[Theme TBD], September 28–30, 2018

Taught by David Haskin & Janice Cittasubha Sheppard — Chicago, IL ([info & registration](#))

[Theme TBD], January 18–20, 2019

Taught by David Haskin, Janice Cittasubha Sheppard, & Steven Spiro — Madison, WI ([details & registration](#))

Sign Up to Remain on Our Email List!



The screenshot shows a sign-up form for the Madison Insight Meditation Group. At the top, there is a header image of green leaves with the text "Madison Insight Meditation Group" and "A Theravada Buddhist Community in Madison, Wisconsin". Below the header, a welcome message reads: "Welcome to the Madison Insight Meditation Group email list! By subscribing, you'll be sure to hear about our retreats and other special events. If you'd also like to receive notices about one or more of our weekly meditation groups, check the appropriate box below." To the right of this message is a small red asterisk and the text "indicates required". The form contains four text input fields: "Email Address", "First Name", "Last Name", and "Zip Code", each with a red asterisk to its left. Below these fields is a section titled "I'd like to receive notices about" with three radio button options: "Sunday night sitting group", "Tuesday night sitting group", and "Friday night sitting group". At the bottom of the form is a dark grey button labeled "Subscribe to list".

The Madison Insight Meditation Group (MIMG) email lists will be migrating to MailChimp this spring. This change will facilitate communication in our meditation community and make it easier for people to subscribe and access our content on any device. Whether you're on the main Yahoo! list or the separate email lists for our Tuesday and Friday night sitting groups, you'll need to opt in at <http://eepurl.com/c6ZJgD> to continue receiving MIMG messages. The Yahoo! list and the separate Tuesday and Friday night lists will be retired and replaced by this new system sometime in April.

Everyone who signs up for the MailChimp list will receive general notices about retreats and other sangha-wide events. In addition, when you sign up you can indicate your interest in one or more of our three sitting groups (see screenshot of form at left). Emails specific to a sitting group will go out only to those who have indicated their interest.

While you won't be able to use the MIMG list for communication with other local practitioners, the [Madison Dharma Community email list](#) serves this purpose. See the [article on page 4](#) and please check it out.

We believe this change will enhance cohesion across the sangha and improve the quality of the information we send out to you. Sign up now to make sure you continue to receive notifications about our retreats and other events!

CLEAR MIND

The Newsletter of Madison Vipassana, Inc.
Madison, WI

This newsletter is published periodically as a service to our meditation community and is available on our website.

Editor: Cathy Loeb

To subscribe, sign up at
eepurl.com/c6ZJgD



Meditation Retreat with DaRa Williams

May 11–12, 2018

Friday 9:00 a.m.–8:30 p.m. (check-in 8:00–9:00 a.m.)

Saturday 9:00 a.m.–7:00 p.m.

Holy Wisdom Monastery, Middleton, WI

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

DaRa Williams is a meditation teacher, trainer, and psychotherapist who has practiced Vipassana meditation for 25 years. She completed the Spirit Rock/Insight Meditation Society (IMS) teacher training program in 2016 and serves as a guiding teacher at IMS. She also served as a guiding teacher in the Spirit Rock Compassionate Companions Program.

This retreat will be suitable for both beginning and experienced meditators. Sitting meditation periods will alternate with periods of walking meditation throughout each day. We will observe noble silence except during instructions, question-and-answer sessions, interviews, and Dhamma talks.

Cost

With this retreat, we're trying out a sliding-scale approach to registration fees. The sliding scale will go from 50% to 150% of actual costs, and within this range you're invited to offer the amount that best suits your circumstances.

Registration preference	Actual cost	Sliding scale
Nonresidential	\$130	\$65 – \$195
Residential – double room	\$175	\$110 – \$240
Residential – single room	\$200	\$135 – \$265

Please pay at the highest level of the sliding scale you can afford. This gives an opportunity to attend to others who need to pay less. If the lower end of the range exceeds what you can afford, financial assistance is available through our scholarship program. If the lower end of the range exceeds what you can afford, financial assistance is available through our [scholarship program](#). Registration fees cover teacher transportation, room (for residential retreatants), simple vegetarian meals, and other retreat expenses. In keeping with Theravada Buddhist tradition, there is no charge for the teachings; however, a donation (*dāna*) to the teacher is encouraged.

Financial assistance

Financial assistance is available through our retreat scholarship program. Individuals may receive scholarships multiple times. Please ask if you need assistance. Contact Ann at registrar.madvip@yahoo.com or (608) 843-7531 to discuss how we can help.

Special needs

To inquire about special situations, contact Ann at registrar.madvip@yahoo.com or (608) 843-7531. Please note that we are unable to accommodate special dietary needs.

Ride sharing

To request or offer rides to and from Holy Wisdom, contact Ann at registrar.madvip@yahoo.com or (608) 843-7531.

Registration

Early registration is encouraged. Registration is on a space-available basis and must include the registration form on the next two pages and a check to reserve your spot. Confirmation will be by email and will provide information on the facility, driving directions, and recommendations on what to bring. If the retreat is full, you will be placed on a waiting list. Those on the waiting list who do not get a spot will receive a full refund. For questions, contact Ann at registrar.madvip@yahoo.com or (608) 843-7531.

Young adults and people of color

We will hold a number of spaces open until the last week in April to facilitate attendance by young adults (18–26) and those identifying as people of color. We encourage young adults and people of color to register any time up until the end of April; a spot may be available even if our website says the retreat is full. To help us allocate these spots, please indicate your interest on the registration form.

Cancellation and refund policy

All cancellations are subject to a nonrefundable \$50 fee. Cancellations received on or before April 12 will be refunded the retreat fee less \$50. Refunds, less \$50, will be given to those canceling after April 12 only if there is another person wanting to register for the retreat.

Additional housing

Holy Wisdom has a special arrangement with local hotels; please call them directly at (608) 836-1631 for details. Campsites can be reserved at [Mendota Park](#) (5133 County Hwy M, Middleton, WI 53562).

To register

Send the registration form with a check for the full amount (payable to Madison Vipassana, Inc.) to:

Madison Vipassana, Inc. c/o Ann Varda
1724 Hoyt St.
Madison, WI 53726

Madison Vipassana, Inc.
Meditation Retreat with DaRa Williams

May 11–12, 2018

Holy Wisdom Monastery, Middleton, WI

— Registration Form ❖ Please Print Clearly —

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Gender (optional) _____

If you're interested in using one of the spaces held in reserve after the retreat has filled, please indicate if you are . . .

- A young adult (18–26) A person of color

Registration preference . . .

- Nonresidential Residential

The number of rooms is limited. Please indicate your preference if we're not able to place you in a room:

- Register me as a nonresidential retreatant Place me on a waiting list for a room

Rooms . . .

If you're applying as a residential retreatant, indicate whether you wish to register for a double or a single room:

- Double room Single room

Room assignments are made by the retreat manager before the retreat begins. In assigning single rooms, we give priority to those whose health, mobility, or other special circumstances would make it difficult to share a room.

Please indicate your preference if we're not able to accommodate your request for a single room:

- Put me in a double room Put me on a waiting list for a single room

Sliding-scale fees . . .

With this retreat, we're trying out a sliding-scale approach to registration fees. The sliding scale goes from 50% to 150% of actual costs, and within this range you're invited to offer the amount that best suits your circumstances.

Please pay at the highest level of the sliding scale you can afford. This gives an opportunity to attend to others who need to pay less. If the lower end of the range exceeds what you can afford, financial assistance is available through our scholarship program. **Fee amount enclosed:** _____

Registration preference	Actual cost	Sliding scale
Nonresidential	\$130	\$65 – \$195
Residential – double room	\$175	\$110 – \$240
Residential – single room	\$200	\$135 – \$265

Special circumstances or requests . . .

Residential retreatants:

If you snore, use a CPAP machine, or have other nighttime needs or patterns that could be disruptive to the sleep of a fellow yogi, please register for a single room rather than a double. If the increased cost presents a problem, scholarships are available.

All retreatants:

- I would like to use an assistive listening device. (If you have questions about our assistive listening devices, please contact Scott Knickelbine at scottknickelbine@gmail.com.)

If you have any other special needs, requests, or information to share with us, please explain below or contact the registrar, Ann Varda, at registrar.madvip@yahoo.com or 608-843-7531. _____

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Sitting preferences . . .

To help us set up the meditation hall, please indicate whether you prefer to sit primarily on the floor or in a chair. We will have extra chairs, but not enough to reserve both a chair and a place on the floor.

 Chair Floor

We will have just a few extra meditation cushions available to borrow during the retreat, so please bring your own cushion or bench if you have one.

A few last details . . . This is my first Vipassana retreat. I can help clean up after the retreat. I need a ride from _____ . I can give a ride to ___ passengers from _____. I enclose an additional \$ _____ to be used for scholarships for future retreats.**Send your completed registration form with a check for the full amount to:**

Madison Vipassana, Inc., c/o Ann Varda
1724 Hoyt St.
Madison, WI 53726

Checks payable to Madison Vipassana, Inc.

Financial assistance is available through our retreat scholarship program. Please contact the registrar, Ann Varda, at registrar.madvip@yahoo.com or (608) 843-7531 to discuss how we can help.