



Saskatoon Insight Meditation Community

Presents a three-day, Non-Residential Retreat ...
(Optional residential)

The Eight Fold Path to Freedom

**March 23-25, Queen's House of Retreats, Saskatoon
with Adrienne Ross**

Friday, March 23: 7:00 - 9:00 PM (open to the public on a donation basis); Saturday March 24: 9:00 AM - 9:00 PM
and Sunday March 25: 9:00 AM - 3:30 PM



How can we follow the Buddha's Noble Eight Fold Path to find liberation and freedom from suffering, when our biological instincts are wired to pursue pleasure and resist every unpleasant moment? In this weekend retreat we'll explore how we can move from resistance and wanting, to release and acceptance, of ourselves and our lives just as we are. The retreat will be held in silence, with periods of sitting and walking meditation, with instruction and times for discussion.

This retreat is suitable for both beginning and experienced meditators.

Adrienne Ross, MD, has been involved with meditation and healing since 1978. Her teaching is influenced by Burmese and Thai streams of Theravada as well as Dzogchen and contemplative practices. She teaches Mindfulness-Based Stress Reduction to people with chronic pain and illness. She recently retired from working as a family physician to devote more time to personal practice and teaching retreats in Canada and the U.S.

Non-Residential Cost: \$140 if registered by March 9; \$160 after that date.

Price includes lunch and dinner Saturday, lunch Sunday.

Residential Cost: \$235 if registered by March 9; \$255 after that date.

Price includes room, three meals Saturday, breakfast and lunch on Sunday.

For more information, please contact Doris Larson at (306) 242-5004 or e-mail at dwl Larson@sasktel.net.
See SIMC Web site at www.saskatooninsight.com for registration form and other event information.

The Eight Fold Path to Freedom

To register, complete and return this form and fee to: **Saskatoon Insight Meditation Community, c/o Doris Larson
809 5th Ave. N. Saskatoon S7K 2R7. Make cheques payable to the Saskatoon Insight Meditation Community.**

Name _____

Address _____ postal code _____

Telephone _____ email _____

Fee enclosed: Prepaid by March 9: \$140 _____ \$160 for late registration _____

Residential Fee enclosed: Prepaid by March 9: \$235 _____ \$255 for late registration _____

First time at a meditation retreat _____ or Have attended other insight meditation retreats _____

How did you learn of this retreat? Paper poster _____ E-poster or e-mail _____ Web site _____

Friend or meditation group _____ Other _____

_____ I would appreciate a ride or _____ I would be able to offer another participant a ride/car pool
_____ I would appreciate to be offered a billet or _____ I would be willing to provide billet accommodation

.....detach here.....

The Eight Fold Path to Freedom

Queen's House of Retreats, 601 Taylor Street West, Saskatoon

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Sunday March 25: 9:00 AM - 3:30 PM**

Please refrain from wearing scent or using scented products, to assist those with allergies.

Thank you for your interest and support of this meditation retreat. It is important to arrive on time. Please plan to attend all sessions. The retreat will be held in silence except for private discussions with the teacher. You are encouraged to take care of all errands and personal matters before Friday evening so that you can create a quiet mind which will support your retreat.

The retreat fees cover rental of the meeting space, the teacher's travel expenses, three meals for non-residential attendees (five for residential) and costs of organizing and running the retreat.

The retreat fee does not cover payment to the teacher. For the past 2500 years, it has been the tradition in Insight Meditation that the teaching which establishes wisdom and compassion should be freely given, consequently the teacher receives no payment. For his or her support, the teacher relies on donations from students and friends who appreciate the value of the guidance they have received. This spontaneous expression of gratitude is one form of dana, the Pali term for generosity. An opportunity to support the teacher through this practice will be given at the end of the retreat.

What to Bring: straight backed chairs will be available. All other sitting materials must be brought with you. You will likely want to bring at least one or two cushions, especially if you plan to sit on the floor. Also please bring a mat or blanket to place underneath your cushions if you are sitting on the floor. Warm, comfortable, loose-fitting clothing is best for indoor wear and a blanket or shawl for extra warmth, also bring outdoor clothing that is appropriate for the weather.

Note: Financial assistance is available if the full cost causes hardship.