



The Insight Meditation Community of Washington presents

## ***Man Alive!***

*A Daylong Mindfulness Retreat for Men*

with Jonathan Foust



**Saturday, August 28th, 2010 - 9:30AM - 5:00 PM**

**St. Luke's Episcopal Church  
6030 Grosvenor Lane, Bethesda, MD**

**Jonathan Foust** is a senior teacher in the Insight Meditation Community of Washington and a senior teacher and former president of Kripalu Center for Yoga and Health.

Jonathan has been training teachers and teaching yoga and meditation for over twenty years.

[www.jonathanfoust.com](http://www.jonathanfoust.com)

**St. Luke's Church** is about five miles northwest of Washington, DC and just inside the beltway. There is a beautifully maintained labyrinth and space for walking through their garden.

There is ample on site parking and St. Luke's is accessible via public transportation

There is nothing quite like the company of like-minded men to refresh our sense of what is possible and to renew our commitment to living life more fully.

Come explore what it means to be awake and aware, aligned in body, mind, spirit and with the world around you.

Our retreat includes guided movement, meditation, silence, inquiry and discussion.

No previous experience in meditation required.

Men of all backgrounds and orientations are welcome.

**Registration Fee: Sponsor: \$85, Mid: \$75 or Base: \$65.**  
**Space is limited and pre-registration is required.**

You can now register and enroll online at [www.imcw.org](http://www.imcw.org).

Please bring a bag lunch, blanket, and cushions if you want to sit on the floor (chairs available).

**For information, to register, or apply for a scholarship contact:  
Steve Zappalla at [szappi1@hotmail.com](mailto:szappi1@hotmail.com) or 571-271-7284**

- Please turn over for registration form to reserve your space.

Sponsored by The Insight Meditation Community of Washington [www.imcw.org](http://www.imcw.org) 202.986.2922

**St. Luke's church ([www.stlukesbethesda.org](http://www.stlukesbethesda.org)) is located about five miles to the northwest of D.C. Driving directions will be provided in your welcome note.**

*Base offering of \$65 covers most of the direct expenses for this event and teacher honorarium. No additional donations for the teacher will be requested, however, Dana to help IMCW cover the cost of the daylong will be requested at the end of the day and is also tax-deductible. Payment at \$75 or \$85 includes a tax-deductible donation (of \$10 or \$20) to IMCW. Your generosity enables us to contribute to indirect costs, keep our course fees low, and make scholarships available for persons who would otherwise be unable to attend our retreats.*

**You can now register and enroll online at [www.imcw.org](http://www.imcw.org)**

*Please detach and mail the form below with your check (payable to IMCW) to:*

**Steve Zappalla**  
119 Herndonmill, Cir Herndon, VA 22204

***Refund Policy:***

1. \$10 of the registration fee is non-refundable. Contact Steve for the balance of your registration.
2. You can receive a refund or offer the balance as a tax-deductible donation to the IMCW Scholarship Fund.

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Yes, I/we would like to register for the July 31st, **Day-Long Retreat**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**I have enclosed my Registration Fee of \$85; \$75 or \$65 (circle one) Checks payable to IMCW**

I have included a contribution to the IMCW Scholarship Fund of \$ \_\_\_\_\_

**Additional Information:**

1. If you can volunteer to arrive early to help set up or stay later to help clean up please CHECK THIS BLOCK: BEFORE \_\_\_\_ AFTER \_\_\_\_ . A manager will call to confirm your help. Thank you very much.

2. I can offer a ride from \_\_\_\_\_. I need a ride from \_\_\_\_\_.  
It is OK to share my email with other participants in nearby ZIP's: YES / NO. (Circle one)

3. I will need an assistive listening device \_\_\_\_YES (For other disability-related accommodations, contact Steve)

4. IMCW is working to make the Dharma accessible to all and to create a more welcoming and inclusive sangha. If you would like to support this effort by helping us track our progress, please check all that apply below (information is confidential and for survey purposes only):

\_\_\_\_ A person of color and/or \_\_\_\_ Gay/Lesbian/Bisexual/Trans-gender/Questioning and/or \_\_\_\_ A household earning \$40k per year or less.

**You will receive a confirmation and further details prior to the event. Please let us know if you do not receive confirmation within one week or if you need confirmation via US mail.**