



INSIGHT MEDITATION COMMUNITY OF WASHINGTON
presents

MINDFULNESS AS A PATH TO JOY AND INNER PEACE

**A Silent Weekend Meditation Retreat with Hugh Byrne
April 11 – 13, 2008**

The practice of mindfulness—bringing a conscious, non-judging awareness to our own present experience—is at the heart of the Buddha’s teachings of liberation. In this weekend retreat we will cultivate mindfulness and loving-kindness as a path to joy, inner peace and connection to our natural wisdom and compassion.

Silence will be maintained, except during question/answer periods and interviews, to help participants discover a sense of stillness and deep listening.

Dates:	Friday, April 11	Registration	4:00 - 6:30 PM
		Opening session	7:30 PM
	Sunday, April 13	Closing	12:30 PM

Location: Am Kolel Sanctuary and Renewal Center, 19520 Darnestown Road,
Beallsville, MD (1 hour from Washington, DC)
Phone: (301) 349-2744; www.sanctuaryretreatcenter.com

Food: Organic vegetarian meals by Veggie Annie

Cost: Room & Meals – \$230 Camping or Commuting – \$170 (Meals included)
Scholarships are available so that the teachings are accessible to all who wish to attend regardless of ability to pay.

Cancellation

Policy: \$35 of your deposit is a non-refundable administrative fee. Because of our financial commitment to Sanctuary Retreat Center and Veggie Annie, your deposit cannot be refunded if you cancel after March 28. No refund can be offered if you cannot attend the entire retreat.

Dana: In keeping with the Buddhist tradition, teachers and managers do not charge for the retreat. Registration covers room, board, and expenses. Students are invited to practice *dana* (generosity) in the form of donations for teachers and managers. This traditional practice is deeply appreciated, and supports the teachers and managers in continuing to make the teachings available.

Option: Optional group yoga sessions will be offered on Saturday and Sunday mornings.

(Continued on other side)

www.imcw.org

Teacher: **Hugh Byrne, PhD**, is a member of the Teachers Council of the Insight Meditation Community of Washington and is chair of IMCW's board of directors. He has studied and practiced Buddhism in the U.S., Europe, and Asia and has been teaching since 2000. Hugh has been a contributing Buddhist minister at Georgetown University and is co-founder of the Washington Buddhist Peace Fellowship and the Mindfulness Training Institute of Washington. He teaches classes on Buddhism and meditation for the Smithsonian Associates Program and leads three weekly meditation classes in Washington, DC.

To request more information about this retreat, contact:

Rebecca Hines ~ (301) 649-1994 ~ shambhu@earthlink.net

To register, detach and send the form below with your deposit to:

Rebecca Hines, P.O. Box 3492, Silver Spring, MD 20918

The Am Kolel Sanctuary is a small retreat center. Early registration is advised.

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Yes, I want to attend the April 2008 **Mindfulness as a Path to Joy and Inner Peace** retreat.

I have enclosed the following deposit with my check made out to IMCW to reserve my space:

Weekend (room): _____\$115 Camping/commuting: _____\$85

NAME: _____ AGE: _____ M ___ F ___

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

I can offer a ride from: _____ I will need a ride from: _____

Please answer "yes" or "no" to the following:

Is this your first silent **residential** meditation retreat? _____

Is this your first time at Am Kolel Sanctuary? _____ Do you snore? _____

Do you have physical restraints that would make it difficult to climb stairs? _____

Do you have any special dietary needs? (specify) _____

Would you like to contribute to the scholarship fund? _____ Amount: \$ _____

Your generosity supports a scholarship fund for people who might otherwise not be able to attend the retreat. If you would like to make a tax-deductible contribution, please add the donation to your deposit check and indicate the amount you are offering on this form. If you would like to apply for scholarship assistance, please contact Rebecca Hines at shambhu@earthlink.net