

***Vipassana and Metta Meditation Retreat - CP***  
December 5-12, 2008—Galilee Centre, Arnprior, Ontario  
**Teachers:** Charles Genoud and Patricia Genoud-Feldman

**By the practice of calmness, insight meditation and loving-kindness, the mind and heart open in understanding reality. Cultivating mindfulness, we may discover the richness of our inner world and the freedom that lies in each moment of experience when we are not grasping. This silent retreat will provide the support of instructions, group or private interviews and dharma talks. It is open to experienced meditators as well as beginners.**

**This retreat will be held in French, with the possibility of having an individual meeting with a teacher in English if needed.**

**Charles Genoud** has been studying and practicing Buddhism in the Tibetan and Burmese tradition since 1970. He has been teaching internationally since 1995. He co-founded the Meditation Center Vimalakirti in Geneva, Switzerland and is the author of several books, including *Gesture of Awareness*, Wisdom Publications, 2006.

**Patricia Genoud-Feldman** has been practicing Buddhist meditation (Vipassana and Dzogchen) in Asia and the West since 1984 and teaching Vipassana internationally since 1997. She is co-founder of the Meditation Center Vimalakirti in Geneva, Switzerland.

### **Registration Information**

**LOCATION:** Galilee Centre, 398 John Street North, Arnprior, Ontario, <http://www.galileecentre.com/>. This lovely retreat centre is located near the centre of Arnprior, overlooking the Ottawa River and bordering on an old-growth forest.

**ARRIVAL TIME:** 3:30-5:30 pm, Friday, December 5. The retreat will conclude by lunch on December 12. Everyone is welcome to stay for lunch.

**COST:**

Sliding Scale:	\$560 - \$630 - \$700
Deposit:	\$150

**Early registration is necessary to hold the retreat. Without enough registrations, we will not be able to offer this retreat.**

Please note that the retreat fees pay for a single room and three meals a day. This does not include donations to the teacher.

**Late Registration Fee:** For registrations postmarked less than 14 days before the start of a retreat, add \$30 to the sliding scale fee you are paying.

**Cancellation Fees:** Please contact us as soon as possible if you need to cancel. Fees are: \$50 if you cancel four or more weeks before a retreat begins. Your deposit is forfeited after that.

**WHAT TO BRING:** Meditation cushion or bench (chairs are available at the centre), a blanket or mat for under your knees. The Galilee Centre provides bedding (sheets, towels, blankets, pillows, and pillow cases) and soap. Bring your toiletries, necessary medicines, indoor shoes or slippers, alarm clock, flashlight.

**MEALS:** Meals will be vegetarian with dairy and eggs.

**ETHICAL GUIDELINES:** Retreatants are asked to practice the five traditional guidelines, or precepts, for the period of the retreat:

1. I undertake the training to refrain from taking life.
2. I undertake the training to refrain from taking anything that is not freely offered.
3. I undertake the training to refrain from sexual activity.
4. I undertake the training to refrain from telling lies.
5. I undertake the training to refrain from using alcohol or any substances that lead to carelessness.

**MORE INFO:** [info@truenorthinsight.org](mailto:info@truenorthinsight.org) or call 450-458-5321.

**TO REGISTER:** All retreats require a deposit on registering. If possible, please pay the entire retreat cost on registering; this helps our operations.

Please print out and complete the registration form. Please mail it with your deposit or full payment to True North Insight, P.O. Box 1211, Hudson, Quebec, Canada J0P 1H0.