

*Getting Off the Wheel: Moving from Reactivity to Awareness,
a Retreat for Young Adults, 18-32*
August 15-18 or 15-22, 2008—Galilee Centre, Arnprior, Ontario
Teachers: Daryl Lynn Ross & Pascal Auclair

A unique opportunity for young adults to come together in a beautiful setting and explore how to live more compassionately and wisely. This retreat is a "must" for 18- to 32-year-olds interested in experiencing meditation and mindfulness practices, truthful/heartfelt communication, wonderful mentors, safe community, great food, and a time to relax and reflect on the mysteries and truths of our lives.

There will be an opportunity to ask questions and have interviews in both French and English.

Daryl Lynn Ross has been engaged in meditation and other contemplative practices since 1972. She has practiced with Tibetan, Zen and Vipassana teachers, emphasizing insight practice in recent years. In 1980 the writings of Christian mystics led her to explore the Christian contemplative path, and she was later trained to offer guidance in this tradition. Daryl has been a chaplain at Concordia University in Montreal since 1986. There she offers regular instruction in meditation and Dharma study; since 2000 she has been leading Insight Meditation retreats in Montreal.

Pascal Auclair has been immersed in the Dharma since 1997, sitting several short and long retreats in Thailand, India and America with revered Thai, Burmese and western monastics and lay teachers. In the last few years, Pascal has spent half of his time in silent contemplation and the other half serving the Dharma, mainly at the Insight Meditation Society (IMS) in Barre, Massachusetts, helping teachers on teen, family and long retreats. Pascal is currently part of the IMS/Spirit Rock teacher training program led by Jack Kornfield.

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. A public beach is within walking distance.

ARRIVAL TIME: 3:30-5:30 pm, Friday, August 15. The retreat will conclude by lunch on August 18 for the 3-day retreat, and August 22 for the 7-day retreat. Everyone is welcome to stay for lunch.

COST:	3 Nights:	Sliding Scale:	\$255 - \$285 - \$315
		Deposit:	\$125
	7 Nights:	Sliding Scale:	\$450 - \$575 - \$700
		Deposit	\$150

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

Early registration is important to insure that we will be able to hold the retreat and cover our costs.

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 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.