

**Mindfulness in Daily Life Retreat
with Norman Feldman
Kingston, ON, March 21-27, 2010**

Information

This non-residential insight meditation retreat begins with a retreat day on Sunday, March 21 from 2:00-9:00 PM, followed by early morning and evening meditation sessions from Monday to Friday, concluding with a half-day retreat on Saturday, March 27, beginning at 9:00 and ending with lunch.

Weekday sessions include meditation each morning at 7:00 AM followed by breakfast and presentation of a dharma theme for practice and inquiry each day. In the evenings at 5:30 is dinner, followed by meditation and a dharma talk and discussion. The emphasis is on bringing the practice into normal daily life activities through mindfulness and inquiry, with an exploration of various themes relevant to daily life.

The shared breakfasts and dinners provide opportunities for further discussion as well as sangha (community) building.

Norman will be available for individual meetings if requested.

Norman Feldman began practicing meditation in the Theravada Buddhist tradition of Southeast Asia while traveling in India in 1971. He has practiced and studied with many Buddhist teachers and has spent long periods without a home, practicing intensively in retreats in both Asia and the West. Since 1986, Norman has been leading Insight Meditation (Vipassana) retreats and guiding practitioners in Asia, Europe and North America. Norman emphasizes the integration of meditation into daily life as a support for wisdom and compassion.

This retreat is being offered by True North Insight. You can find out more at www.truenorthinsight.org

Payment

The payment of \$65.00 covers costs for the retreat. The check should be made out to True North Insight. To confirm your participation, please send a check to: Linda Abbott, 175 College St., Kingston, Ontario K7L 4L9.

In the tradition of insight meditation the teacher is paid by donation (dana). There will be a box where you can leave dana for Norman. There will also be a box for a donation to support True North Insight, should you choose to do that.

Location

The retreat will take place at the Unitarian Fellowship Building at 214 Concession St. in Kingston, **except for Sunday, March 21**, when the meeting will be at the Odd Fellows Hall directly behind the Unitarian building. Feel free to park in the parking lot.

If you have questions or to obtain more complete retreat information, please contact Linda Abbott at linda.potteryclasses@gmail.com .