

Mindfulness in Daily Life Retreat
With
Norman Feldman
September 12 to 18, 2010
Ottawa, Ont.

This non-residential insight meditation retreat includes a daylong retreat on Sunday, September 12, followed by early morning and evening meditation sessions from Monday to Friday concluding with a half-day retreat on Saturday, September 18. Weekday sessions include meditation each morning and evening, a dharma talk and discussion each evening, and a dharma theme for practice and inquiry each day.

The emphasis is on bringing the practice into daily life through mindfulness and inquiry with an exploration of various themes relevant to daily life.

For those who are able to attend, shared breakfast and dinner provides opportunity for further discussion as well as sangha (community) building.

Norman will be available for individual meetings during the day, if requested.

Location

The retreat will be held in Ottawa near Queen Mary and the Vanier Parkway, 5 minutes from the Queensway. The #18 bus service goes by the door.

Logistics

Please bring a blanket or mat to sit on for the whole retreat since the floor is wooden. Please bring your cushion or bench if you sit on the floor. There are chairs if you prefer.

Since we are gathering in a residential area, we would like to have as few cars as possible. Please let us know if you can drive someone else or would like a ride and we will create a car pool. We would like the number of cars to be at least half of the number of participants.

Meals

Please bring your own lunch for the daylong on the Sunday. From Monday to Friday, breakfast will be prepared with food contributed by the participants. We will ask for volunteers to help with breakfast clean up each morning.

In order to keep to costs low and in the spirit of developing community, dinners will be provided by the participants. Teams of three to four people will be created and each team will be responsible for one dinner. You will be notified by email in mid-August as to which team you will be in. This will give you time to discuss with your group what you will prepare. It is quite likely that each person will have only one dinner to prepare. The group that prepares the meal will also be required to clean up the kitchen that evening. We will try to accommodate food allergies as best as we can.

Cost

The cost for the retreat is \$75.00. In the tradition of Insight (Vipassana) Meditation retreats, this fee covers only the cost for the facility and administrative expenses. The teacher is paid by donation at the end of the retreat. For those who can pay more than the \$75.00, the money will go directly to scholarships for those who cannot attend the retreat because of the cost. A few scholarships are available for some or all of the fee. Please make payment to True North Insight.

Schedule

Sunday September 12	Day of Mindfulness	9:00 am. to 5:00 pm.
Monday to Friday		
Mornings	Meditation	6:30 to 7:30 am.
	Breakfast	7:30 to 9:00 am.
Evenings	Dinner	5:30 to 7:00 pm.
	Meditation	7:00 to 8:00 pm.
	Dharma talk and Discussion of the theme for the day	8:00 to 9:00 pm.
Saturday September 19	Half -day of Mindfulness	9:00 to 11:00 am.

About Norman Feldman

Norman Feldman began practicing meditation in the Theravada Buddhist tradition of Southeast Asia while traveling in India in 1971. Since then he has practiced and studied with many teachers in the Theravada, Tibetan and Zen traditions, as well as meeting with a number of teachers in the Advaita-Vedanta tradition of Hinduism. He 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 in Asia, Europe and North America. He also leads study classes in the Buddhist texts, offers support to meditation groups and individuals, and accompanies small groups on pilgrimage to the sacred Buddhist sites of India and Nepal. Norman emphasizes the integration of meditation into daily life as a support for wisdom and compassion.

Norman and his wife Molly are presently based in Guelph, Ontario, and travel where invited to support individuals and dharma groups. Following the Buddhist tradition, they offer the teachings freely, and live on donations.

For more information go to: www.insightmeditationretreats.ca

Information

For information about the retreat please contact: Lise Andrée Payette at lapayette@gmail.com or 613-738-4606.
