

Mindfulness of Feelings

November 5-7, 2010—Galilee Centre, Arnprior, Ontario

Teachers: Daryl Lynn Ross & Pascal Auclair

Recognizing the feelings that arise with each experience enables us to become free of reactive patterns. This retreat will focus on the second of the Four Foundations of Mindfulness taught by the Buddha.

This retreat will be taught in English. 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 was a chaplain at Concordia University in Montreal from 1986-2008, where she offered 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, November 5. The retreat will conclude by lunch on Sunday, November 7. Everyone is welcome to stay for lunch.

COST: TNI is dedicated to offering affordable rates to all. We offer a sliding scale with low, mid and high rates that allow retreatants to pay according to their means. Paying at the low rate covers the minimum expense of holding a retreat. The high rate helps ensure TNI's viability as an organization. The deposit is included in all of our fees.

Sliding Scale:	\$185 - \$205 - \$225
Deposit:	\$125

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.

Scholarships: General and Young Adult partial scholarships are available. See *About Retreats* on our website.

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. If you cancel four or more weeks before a retreat begins, your deposit is refunded less a \$50 fee. After that your deposit is not refunded.

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 Janet at 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.