

Insight and Compassion: The Two Wings of Awakening
August 26-29, 2010—Galilee Centre, Arnprior, Ontario
Teacher: Daryl Lynn Ross

Insight meditation practices will be balanced with contemplations to open the heart to compassion for ourselves and all beings. This is a good retreat for beginners as well as experienced meditators.

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. From 1986 to 2008 she offered meditation teachings and spiritual mentoring as university chaplain at Concordia in Montreal, and has been leading retreats since 2000. Daryl is a founding member and guiding teacher of True North Insight.

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, Thursday, August 26. The retreat will conclude by lunch on Sunday, August 29. 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:	\$280 – \$310 - \$340
Deposit:	\$125

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.

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.