

Freedom through Understanding: Insight as the Path to Peace

October 8-15, 2010—Galilee Centre, Arnprior, Ontario

Teachers: Michele McDonald with Jesse Maceo Vega-Frey

The teachers will be offering Vipassana practice rooted in deepening our understanding of mindfulness as the intention to understand our experience rather than to judge and control it.

Learn to develop a field of awareness that can be narrowed or broadened, that can incline toward clarity or compassion, depending on the needs of the circumstance. Learn to move with courage toward difficulty when mindfulness and equanimity are strong, and to infuse one's awareness with gentle care when the challenges seem overwhelming.

The practice is grounded firmly in the Theravada teachings of the Buddha and offered in the spirit of our times. All four foundations of mindfulness will be taught so that yogis can access deeper levels of insight and peace.



Michele McDonald has taught Insight meditation for twenty-eight years. Beyond her commitment to the Vipassana Hawai'i Sangha in Honolulu, she has taught extensively throughout the United States, and regularly teaches in Canada, Burma, and elsewhere around the world. Having worked with a wide range of Asian and Western teachers, Michele is most inspired by her practice with Dipa Ma and Sayadaw U Pandita and more recently in Burma with the Mya Taung Sayadaw.

She appreciates teaching at many levels of practice and has enjoyed teaching three-month retreats for experienced students as well as developing meditation retreats for youth. Her style of teaching emphasizes helping individuals find entry points into stillness that are natural for them. She encourages an understanding of the path of insight and a gentle strengthening of mindfulness and concentration so that, ultimately, people can access the

peaceful depths of their experience in every moment. Michele is thrilled when students begin to love their practice.



Jesse Maceo Vega-Frey is a Vipassana practitioner who tries to live, work and practice at the intersection between spirituality and social justice. For him, the teachings of liberation require a dance between strength and suppleness, between struggle and laziness, between wisdom and love. He loves helping people explore the range of skillfulness between these polarities and finding the sweet spots where they all just breezily come together.

Jesse is co-leader of the Stone House (a center for spiritual life and strategic action), a board member of the Buddhist Peace Fellowship, an artist, a war-tax resister, and a man who really just loves sitting around.

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, Friday, October 8. The retreat will conclude by lunch on Friday, October 15. 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:	\$605 - \$675 - \$745
Deposit:	\$175

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 room and three meals a day. This does not include donations to the teachers. Single rooms are filled on a first come, first served basis, so those registering later may be sharing a double room.

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.