

Living Heartfully – A Metta and Mindfulness Retreat – NMI
May 21-24 or 21-28, 2010— Galilee Centre, Arnprior, Ontario
Teachers: Norman Feldman and Molly Swan

The Brahma Viharas are what the Buddha called Divine Abidings, or Heavenly Places to Dwell. They include Metta (Lovingkindness, Friendliness), Karuna (Compassion), Mudita (Empathetic Joy) and Upekkha (Equanimity).

On the weekend part of this retreat, experience the transformative influence of Metta as it is partnered with Insight Meditation, as we open to each moment, to life, with receptivity and kindness.

For those staying for the week, we will open to and cultivate each of the Brahma Viharas, not only as we meditate, but as we relate to all of life as well.

May this time together, supported by the silence and the meditation practice, and by the guidance of the teachings, bring alive these heartfelt qualities for the benefit of all.

Each day includes a full schedule of sitting and walking meditation periods, instructions, dharma talk, and group and individual meetings with Molly and Norman. There will also be optional yoga sessions led by David Schouela. The retreat is suitable for beginners as well as experienced meditators.



Norman Feldman has studied and practiced meditation in the Theravada and Mahayana traditions of Buddhism since 1971, both in Asia and the West. Since 1986 he has been leading Insight Meditation retreats internationally, leading classes in sutta study, and offering support to dharma groups and individuals. Norman emphasizes the integration of meditation in retreats and daily life.

Molly Swan has been engaging in spiritual inquiry and dharma practice since 1985, both in Asia and the West. She has been teaching Insight Meditation retreats primarily in Canada & England since 1997 and offers classes, retreat days & individual support closer to their home in Guelph, Ontario.

Norman and Molly are founding members and guiding teachers of True North Insight Meditation Centre.

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, May 21. The retreat will conclude by lunch on Monday, May 24 for the 3-day retreat, and on Friday, May 28 for the 7-day retreat. 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.

3 Nights:	Sliding Scale:	\$280 - \$310 - \$340
	Deposit:	\$125
7 Nights:	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. As an extension of this precept, we encourage refraining from smoking.

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.