

*Fully Engaging With Life – NM2*

November 19-21 or 19-26, 2010— Loyola House, Guelph, Ontario

**Teachers:** Norman Feldman and Molly Swan

**On this retreat we will explore the relationship and application of meditation and insight to various aspects of life that call for our conscious and compassionate participation, including formal and informal practice, personal relationships, creativity and the environment. We will be supported by the silence and community of retreat, as well as the Buddha’s insights into impermanence, unsatisfactoriness and interconnectedness.**



**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:** Loyola House, 5420 Highway 6 North, Guelph, Ontario  
[www.loyolahouse.ca](http://www.loyolahouse.ca)

**ARRIVAL TIME:** 4:00-6:00 pm, Friday, Nov. 19. The retreat will conclude by lunch on Sunday, Nov. 21 for the 2-day retreat, and on Friday, Nov. 26 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.

<b>2 Nights:</b>	Sliding Scale:	\$230 - \$250 - \$270
	Deposit:	\$125
<b>7 Nights:</b>	Sliding Scale:	\$770 - \$840 - \$910
	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 single room and three meals a day. This does not include donations to the teachers.

**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 Loyola House 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.

**WORK PERIOD:** The retreat includes one period of work meditation each day that may involve dishwashing, kitchen or bathroom cleaning, or outdoor work.

**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](mailto: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.