

**True North Insight *New Year's Retreat, Insight Meditation Retreat***  
Dec. 30, 2010-Jan. 2, 2011—Galilee Centre, Arnprior, Ontario  
**Teachers:** Norman Feldman and Molly Swan

**Welcome the New Year with reflection and intention, silence and community, surrounded by the beauty of Arnprior and the warmth of the Galilee Centre! Bring your cross-country skis, snowshoes and hiking boots. We will be supported by the meditation practice, dharma talks, and a midnight gathering. This retreat is suitable for those familiar with vipassana practice, as meditation instructions will be kept to a minimum.**



**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, Thursday, December 30. The retreat will conclude by lunch on Sunday, January 2. 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 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](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.