

Awakening Love and Joy Through Insight Meditation

A week-end, non-residential Retreat with Susie Harrington,
May 26-28, 2017



Insight meditation is a simple and direct practice based on moment-to-moment awareness, a technique that opens the heart and clears the mind. In this retreat we will explore and develop two qualities of heart – loving-kindness and joy. These qualities of the open heart both support the unfolding of wisdom as well as being the expressed result of the insights we experience. Through cultivation in our moment to moment meditation practice, we gain more ready access to heartfull responses in our daily lives.

This will be an opportunity to practice continuous mindfulness in silence throughout the day—in sitting and walking meditation. In the silence we are freed from much of the daily barrage of stimulus that draws our attention outward, letting us delve deeply inward. Learning to be aware of our experience from a place of stillness, while bringing a quality of warmth and acceptance, allows us to see more clearly, and as insight deepens, love and joy can arise.

The retreat is designed for beginners and experienced practitioners alike and will include meditation instruction, dharma talks, small group meetings with the teacher and opportunities to ask questions.

Susie Harrington teaches meditation internationally and is the guiding teacher for Desert Dharma, which serves many communities in the Southwest near her home in Moab, Utah. She has trained in the Insight tradition since 1989, and in 2005 was invited into teaching by Jack Kornfield, Joseph Goldstein, and Guy Armstrong. Her teaching is deeply grounded in the body and often emphasizes the expression of mindfulness in speech and daily life. Susie brings the skills of inquiry, relational dharma, and the psychological/spiritual interface from her training in Hakomi Therapy and the Diamond Approach. Believing nature to be a profound teacher, and a gateway to our true self, she often offers retreats outside. For more information on Susie Harrington, see: www.desertdharma.org

Friday, 7:00 PM to 9:00 PM; Saturday 9:00 AM to 5:00 PM, Sunday 9:00 AM to 4 PM.

2221 Hanselman Court (Learning Disabilities Association of Saskatchewan premises).

This retreat is freely offered

In keeping with our tradition, there will be two dana (donation) bowls put out at the retreat, one for Susie Harrington, the other to cover retreat expenses, if people would like to offer donations.

On line registration is available at:

<http://saskatooninsight.com/forms/view.php?id=19525>

Or, see web site at www.saskatooninsight.com for registration form and other information.

Sponsored by Saskatoon Insight Meditation Community

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On line registration is available at:

<http://saskatooninsight.com/forms/view.php?id=19525>

**To register by mail, complete and return this form to:
Saskatoon Insight Meditation Community, c/o Doris Larson
809 5th Ave. N. Saskatoon S7K 2R7, or phone Doris at 306 242-5004.**

Name _____

Address _____ postal code _____

Telephone _____ email _____

First time at a meditation retreat _____ or Have attended other insight meditation
retreats _____

How did you learn of this retreat? Paper poster _____ E-poster or e-mail _____ Web site _____
Friend or meditation group _____ Other _____

I would appreciate a ride _____ or I would be able to offer another participant a ride/car pool _____

I would appreciate to be offered a billet _____ or I would be willing to provide billet
accommodation _____

Assumption of risk and release (please read carefully before signing)

I assume all risk of damage or injury that may occur to me while on this retreat and while moving about the facility at which the retreat is held. In consideration of being accepted as a retreatant for this meditation retreat, I release and discharge the Saskatoon Insight Meditation Community and their agents from all claims resulting from my participation in the meditation retreat. I agree to this assumption of risk and release.

Signed: _____ Date _____

Witnessed by: _____ Date _____

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2221 Hanselman Court (Learning Disabilities Association of Saskatchewan premises).

Friday, May 26: 7:00 - 9:00 PM (open to the public on a donation basis);

Saturday May 27: 9:00 AM - 5:00 PM and Sunday May 28: 9:00 AM - 4 PM.

Please refrain from wearing scent or using scented products, to assist those with allergies.

Thank you for your interest and support of this meditation retreat. It is important to arrive on time. Please plan to attend all sessions. The retreat will be held in silence except for discussions with the teacher. You are encouraged to take care of all errands and personal matters before Friday evening so that you can create a quiet mind which will support your retreat.

In the tradition of our practise, this retreat is offered freely, with an opportunity to practise dana. For the past 2500 years, it has been the tradition in Insight Meditation that the teaching which establishes wisdom and compassion should be freely given, consequently the teacher receives no payment. For his or her support, the teacher relies on donations from students and friends who appreciate the value of the guidance they have received. This expression of gratitude is one form of dana, the Pali term for generosity. An opportunity to support the teacher through this practice will be given at the end of the retreat. There will also be an opportunity to contribute dana for the cost of our rental space, teacher travel and accommodation.

What to Bring: Straight backed chairs will be available. All other sitting materials must be brought with you. You will likely want to bring a cushion and mat, or blanket, especially if you plan to sit on the floor. Warm, comfortable, loose fitting clothing is best for indoor wear and a blanket or shawl, for extra warmth, as well as outdoor clothing that is appropriate for the weather.

Location and Parking: LDAS is located on Hanselman Avenue, near the airport. Free parking is available in front of the building.

Bring packed lunches for Saturday and Sunday. Tea will be provided.