



A TCVC Meditation Retreat with



Santikaro

Jan 27–29 or

Jan 27 – Feb 4, 2006

at the Christine Center in
Willard, WI

Santikaro is the founder and guiding teacher of Liberation Park in Oak Park, IL. Born and raised in Chicago, he lived in Thailand for 20 years, mainly as a Theravada Buddhist monk. After serving in the U.S. Peace Corps, he trained as a Buddhist monk from 1985 through 2003. For fifteen of those years, he studied at Suan Mokkh, the southern Thai forest monastery of Buddhadasa Bhikkhu, an influential teacher and reformer who died in 1993. Santikaro served as Ajahn Buddhadasa's translator and, under his teacher's guidance, taught meditation and Buddha-Dhamma in Thailand and elsewhere. He now lives and teaches at Liberation Park, where he contributes to a modern American expression of Buddhist practice, teaching, community and social responsibility. He continues to teach meditation and translate his teacher's work, along with pondering the application of Buddha-Dhamma to our hectic high-stress ways of life, teaching the Enneagram, and working in socially engaged Buddhism.

This retreat will focus on Mindfulness with breathing as originally taught by the Buddha, which integrates the training of mindfulness, calming-concentration, and investigation-insight. Daily Dhamma talks will reflect upon the discourses of Early Buddhism. Our purpose is relaxing and letting go of "me" and "mine."

Twin Cities Vipassana Cooperative (TCVC) is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of vipassana (insight) and metta (lovingkindness) meditation primarily in the Theravada Buddhist tradition. To be added to our mailing list, please send your name and address to TCVCoop@hotmail.com or TCVC, P.O.Box 14683, Minneapolis, MN 55414. **For further information, please visit our website at www.tcvc.info.**

Vipassana (insight) meditation is

a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, open and precise awareness. Learning to observe experience from a place of spacious stillness enables one to relate to life with a balance of wisdom and compassion.

Retreats are held in noble silence and include sitting and walking meditation with instruction, Dharma talks, and time for questions with the teacher. The retreat is suitable for both experienced and beginning students. Full-time participation is encouraged.

As the teachings of the Buddha are considered priceless, they have traditionally been offered freely. The teachers do not receive payment from TCVC for their teaching; the registration fee covers room and board, transportation for the teachers and other retreat expenses. At the end of the retreat, students are encouraged to offer a donation to the teachers to support their living expenses so that they may continue to practice and teach.

Scholarships are available for up to 50% of the retreat fee. To apply for a scholarship, attach a letter with your registration, giving the background of your need. Send a check for the retreat fee minus the scholarship amount requested.

Registration is due January 6, 2006.
There is a \$25 late fee.

Fulltime: \$475.00 Weekend: \$155.00

For further information see www.tcvc.info or contact the registrar, David Skarjune, at 612-724-9357 or santi@wordimage.com

TCVC Registration • Full-time 1/27 – 2/4 or Weekend 1/27 – 1/29
Send registration to TCVC, Box 14683, Minneapolis, MN 55414

Name _____ Male/Female (circle one)

Address _____

Phone _____ Email _____

Email confirmation is sufficient Enclosed is a stamped, self-addressed business-size envelope for paper confirmation

This is my first retreat I can help set up or clean up I need a ride I can give a ride

I have special accessibility, dietary or other needs. (Please enclose a description or contact the registrar.)

Enclosed is a scholarship request for \$_____ I am eligible for the young adult scholarship (26 or younger)

\$_____ Retreat Fee: Fulltime \$475.00 Weekend \$155.00

\$_____ Add \$25 late fee if mailing after January 6, 2006

\$_____ Optional donation to TCVC: Operating Fund Scholarship Fund

\$_____ **Total enclosed. (Payable to TCVC)**

Date	Teacher(s)	Location	Contact
Jan 27–29 or Jan 27 –Feb 4, 2006	Santikaro	Christine Center, Willard, WI	David Skarjune 612-724-9357 santi@wordimage.com
June 9–11 or June 9–18, 2006	Kamala Masters and Steve Armstrong	Christine Center, Willard, WI	Gail Iverson 612-721-8626 giverson@ziegenbein.com
Nov. 3 – 5 or Nov. 3 – 10	Marcia Rose	Christine Center, Willard, WI	TCVCoop@hotmail.com

Twin Cities Vipassana Cooperative
P.O. Box 14683
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