



A TCVC Meditation Retreat with



Marcia Rose

Sept. 30 – Oct. 2 or
Sept. 30 – Oct. 4, 2005
at the Christine Center in
Willard, WI

Marcia Rose is the resident guiding teacher for Taos Mountain Sangha Meditation Center and The Mountain Hermitage. She has been studying and practicing the Buddha's teachings and meditation with Asian and Western teachers of various traditions since 1970. Her own teaching reflects a strong influence from the Burmese Mahasi Vipassana tradition of Sayadaw U Pandita, and in recent years also from the Tibetan Dzogchen tradition. Marcia was the resident teacher for staff at the Insight Meditation Society in Barre, MA from 1991 to 1995. She has been one of the teachers for the annual three month retreat at IMS and is a visiting teacher at The Forest Refuge in Barre, MA. Marcia also teaches Vipassana and Metta retreats in other U.S. venues and internationally.

For further information, see the The Mountain Hermitage website at www.mountainhermitage.org.

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.tvcv.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, daily guided mindful movement session, Dharma talks and small group and individual meetings 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 September 9, 2005. There is a \$25 late fee.

Fulltime: \$260.00 Weekend: \$155.00

For further information, see www.tvcv.info or contact the registrar, Mariann Johnson, at 612-872-7959 or mtjohn2000@aol.com

TCVC Registration • Full-time 9/30 – 10/2 or Weekend 9/30 – 10/4
Send registration to Mariann Johnson, 3507 W 50th St., Mpls., MN 55410

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: Weekend \$155.00 Fulltime \$260.00

\$_____ Add \$25 late fee if mailing after September 9, 2005

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

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

Date	Teacher(s)	Location	Contact
Sept. 30 – Oct. 2 or Sept. 30 – Oct. 4, 2005	Marcia Rose	Christine Center, Willard, WI	Mariann Johnson: 612-872-7959 mtjohn2000@aol.com
Jan 27–29 or Jan 27 –Feb 4, 2006	Santikaro	Christine Center, Willard, WI	To be determined
June 9 –11 or June 9 –18, 2006	Kamala Masters and Steve Armstrong	Christine Center, Willard, WI	To be determined
Oct. 20 – 22 or Oct. 20 – Oct. 24, 2006	Marcia Rose	Christine Center, Willard, WI	To be determined

Twin Cities Vipassana Cooperative
P.O. Box 14683
Minneapolis, MN 55414