



## A TCVC Meditation Retreat with



# Marcia Rose

November 3 – 5 or  
November 3 – 10, 2006  
at the Christine Center in  
Willard, WI

**M**arcia 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](http://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](mailto:TCVCoop@hotmail.com) or TCVC, P.O.Box 14683, Minneapolis, MN 55414. **For further information, please visit our website at [www.tvcv.info](http://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 October 13, 2006.**  
**There is a \$25 late fee.**

**Full-time: \$480.00    Weekend: \$160.00** For further information, see [www.tvcv.info](http://www.tvcv.info) or contact the registrar, Mariann Johnson, at 612-872-7959 or [mtjohn2000@aol.com](mailto:mtjohn2000@aol.com)

**TCVC Registration • Full-time 11/3 – 11/10 or Weekend 11/3 – 11/5**  
**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 \$160.00     Full-time \$480.00

\$\_\_\_\_\_ Add \$25 late fee if mailing after October 13, 2006

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

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

Date	Teacher(s)	Location	Contact
Nov. 3 – 5, 2006 or Nov. 3 – 10, 2006	Marcia Rose	Christine Center, Willard, WI	<b>Mariann Johnson:</b> 612-872-7959 mtjohn2000@aol.com
Feb 2 – 4, 2007 or Feb 2 – 10, 2007	Santikaro	Christine Center, Willard, WI	<b>Jean Fagerstrom:</b> 612-722-4967 jfagerstrom@mn.rr.com
June 15 – 24, 2007 June 15 – 24, 2007	Kamala Masters and SteveArmstrong	Christine Center, Willard, WI	TCVCoop@hotmail.com

Twin Cities Vipassana Cooperative  
P.O. Box 14683  
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