

TCVC Meditation Retreat with



Santikaro

February 2-4, 2007 or
February 2-10, 2007
at Christine Center,
Willard, Wisconsin

Santikaro is the founder and guiding teacher of Liberation Park (newly relocated to Norwalk, WI). 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 with his partner Jo Marie at Liberation Park, where they are building a Dhamma refuge for practicing with and close to nature, living sustainably, and helping to heal society. 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. This clear yet flexible system was much praised by the Buddha and still serves us well today. Daily Dhamma talks will reflect upon the discourses of Early Buddhism. Our purpose is relaxing and letting go of "me" and "mine."

For more information on Liberation Park's new Dhamma refuge in Wisconsin, visit www.liberationpark.org

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 12, 2007
There is a \$25 late fee.

Fulltime: \$470 Weekend: \$150

For information see www.tcvc.info
Contact the registrar, Jean Fagerstrom,
612-722-4967 or tcvcfeb07@gmail.com

Organizational Update—New Name and Non-profit Status: This spring the Coordinating Committee began the process of incorporating TCVC as a non-profit organization. Along the way, we changed our name from Twin Cities Vipassana Cooperative, to Twin Cities Vipassana Collective, as a cooperative generally exists to benefit its members financially. In September we applied for 501(c)3 non-profit status with the IRS. If approved, donations to TCVC will be tax-deductible and our volunteers will be protected from personal liability. Other than that, we intend to continue with the same mission and operate in much the same way as we do now.

TCVC Registration • Full-time February 2–10 or Weekend February 2–4

Send registration to Jean Fagerstrom, 3425 45th Avenue South, Minneapolis, MN 55406

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: \$470 Weekend: \$150

\$ _____ Add \$25 late fee if mailing after January 12, 2007

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

\$ _____ Total Enclosed (Payable to TCVC)

**The TCVC scholarship fund is low. Your donation is appreciated.*

Date	Teacher(s)	Location	Contact
Feb 2 – 4, 2007 or Feb 2 – 10, 2007	Santikaro	Christine Center, Willard, WI	Jean Fagerstrom 612-722-4967 tcvcfeb07@gmail.com
June 15 – 17, 2007 June 15 – 24, 2007	Kamala Masters and Steve Armstrong	Christine Center, Willard, WI	Joanne Skarjune 612-724-9357 jskarjune@hotmail.com

Twin Cities Vipassana Collective (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

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