

FALL RETREAT with SANTIKARO

October 10–12 or October 10–14, 2008
Christine Center in Willard, Wisconsin



Santikaro is the founder and guiding teacher of Liberation Park in Norwalk, WI. Born and raised in Chicago, he lived in Thailand for 20 years. 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.

Santikaro now lives with his wife Jo Marie at Liberation Park, where they are building a Dhamma refuge for practicing with nature, living sustainably, and helping to heal the wounds of 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. It's cultivation fulfills the noble eightfold path, as well as supporting the jhanas.

Daily Dhamma talks will reflect upon the discourses of Early Buddhism, with an emphasis on dependent co-origination and selflessness. There will be opportunities for discussion and personal interviews. 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. Retreats are suitable for 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.

Yogi jobs are included in the retreat schedule for fulltime participants. These mindful work periods are assigned on a first come, first served basis at check-in time.

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.

Those who wish may help others by donating to the TCVC Scholarship Fund, or the Operating Fund.

Detailed information about the retreat is mailed upon registration. Contact the registrar, Gail Iverson, at **612-721-8626** or retreats@tcvc.info for any questions you may have.

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, with an emphasis on residential retreats led by senior teachers in the Theravada Buddhist tradition.

Grassroots Dhamma is published by TCVC. To join our mailing list, send your name, address and phone number to mailings@tcvc.info or the mailing address on the back of this flier. Current and past issues of *Grassroots Dhamma* are available on our website, www.tcvc.info

Registration for TCVC Retreat with Santikaro • Weekend October 10–12 or Fulltime October 10–14, 2008
Send to Gail Iverson, 2914 46th Ave So, Minneapolis, MN 55406

Name _____ Male / Female (circle one)
 Address _____ City _____ State ____ Zip _____
 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.)
- I use a CPAP or other medical device. (Please specify or contact the registrar.)
- Enclosed is a scholarship request for \$ _____ I am eligible for the young adult scholarship (26 or younger)
- \$ _____ Retreat Fee: Fulltime: \$268 Weekend: \$144
- \$ _____ Add \$25 late fee if mailing after September 19
- \$ _____ Optional donation to TCVC: Operations Scholarships Either Fund
- \$ _____ **Total Enclosed (Payable to TCVC)**

Twin Cities Vipassana Collective Calendar Visit us at www.tcvc.info

Date	Teachers / Event	Location	Contact
Oct. 10–12, 2008 Oct. 10–14, 2008	Santikaro	Christine Center Willard, WI	Gail Iverson 612-721-8626 retreats@tcvc.info
Feb. 13–16, 2009 (President’s Day weekend)	Rebecca Bradshaw	Christine Center Willard, WI	David Skarjune 612-724-9357 retreats@tcvc.info
June 26–28, 2009 June 26–July 5, 2009	Kamala Masters & Steve Armstrong	Christine Center Willard, WI	Elena Walker 651-699-6640 retreats@tcvc.info
Oct. 9–11, 2009 Oct. 9–13, 2009	Annie Nugent	Christine Center Willard, WI	Naomi Baer 651-698-1458 retreats@tcvc.info

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