

PRESIDENTS DAY WEEKEND RETREAT



February 13–16
with
Rebecca Bradshaw
Christine Center
Willard, WI

Love and Wisdom

In this three day weekend retreat we will explore both love and wisdom as paths to deep acceptance and peace with life as it manifests in each moment. With kindness-infused awareness we'll cultivate the freedom where heart, mind, and body connect. This retreat provides a good introduction for new students and time to deepen practice for experienced students.

Rebecca Bradshaw, a Minnesota native, teaches at the Insight Meditation Society in Barre, MA, around the United States, and at the Kyaswa Monastery in the Sagaing Hills region of Burma. She is the Guiding Teacher of the Insight Meditation Center of Pioneer Valley in Western Massachusetts, a psychotherapist, and the Buddhist advisor at Mount Holyoke College.

TCVC welcomes men and women from all life experiences, backgrounds and diverse communities. A warm welcome to all.

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, instructions, Dharma talks, and time for questions with the teacher.

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 all 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, include a letter with your registration giving the background of your need. Scholarship requests must be received by the due date and are limited to one retreat per person per calendar year.

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, **Naomi Baer**, **651-698-1458** or **retreats@tcvc.info**

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 Rebecca Bradshaw • President's Day Weekend February 13–16, 2009

Send to Naomi Baer, 1812 Princeton, St. Paul, MN 55105

Registration is due January 23, 2009

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 TCVC 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 \$ _____

\$ _____ Retreat Fee: \$225

\$ _____ Add \$25 late fee if mailing after January 23

\$ _____ 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
Feb. 13–16, 2009 (President's Day weekend)	Rebecca Bradshaw	Christine Center Willard, WI	Naomi Baer 651-698-1458 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	Joanne Skarjune 612-724-9357 retreats@tcvc.info

Twin Cities Vipassana Collective

P.O. Box 14683

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