



Insight Meditation Retreat

with

James Baraz

October 8-11, 2009

5:30 P.M. Thursday until 1:00 P.M. Sunday

Pine Lake Center, Westfield, WI

Sponsored by Madison Vipassana, Inc.

This residential retreat will be suitable for both beginning and experienced meditators. Clear and simple instructions will be presented throughout the retreat and a longer discourse will be presented each evening. The retreat will be held in silence except for question and answer periods. Sitting meditation periods of 45 minutes will alternate with periods of walking meditation throughout each day.

We are pleased to welcome back James Baraz to lead this retreat. James Baraz has been teaching meditation since 1978 and the Awakening Joy course since 2003. He leads retreats, workshops and classes in the U.S. and abroad and is a founding teacher of Spirit Rock Meditation Center in Woodacre, California. James is co-author with Shoshana Alexander of *Awakening Joy* due in 2010 (Bantam) which is based on the course. In addition, he is on the International Advisory Board of the Buddhist Peace Fellowship.

Cost: \$255 which covers a shared room and board and vegetarian meals, teacher transportation, and other retreat expenses. A limited number of single rooms are available for \$385. To inquire about options for families and retreatants with children, contact Cindy at 608-220-4015. Childcare will not be provided. In keeping with Theravada Buddhist tradition, the teachings are offered for free; however, a donation (*dana*) to the teacher is encouraged.

Financial assistance: Financial assistance is available through the retreat scholarship program. Contact Laura at 608-238-7376 or ljberger@tds.net to discuss what may be available.

Special needs: If you have special needs regarding food, accommodations, or mobility, contact Julie at juliemeyer@tds.net To request or to offer a ride to the retreat contact Beth at bracette@gmail.com or 608-239-9790.

Registration: By mail only. Confirmation will be provided by email or U.S. mail along with additional information on the facility, driving directions, and recommendations on what to bring. For questions about registration, contact Julie at 608-231-1558 or juliemeyer@tds.net

Deadlines, cancellation, and refund policy:

Registrations will be on a first-received, space-available basis. To be certain you get a spot, please register early. After the retreat is fully registered, you may ask to be placed on a waiting list. Those on the waiting list who do not get a spot will receive a full refund. All cancellations are subject to a nonrefundable \$70 fee. Cancellations on or before August 27 will be refunded the retreat fee, less \$70. Cancellations after August 27 will have the fee, less \$70, refunded only if the spot can be filled from the waiting list.

To register send \$255 for a double or \$385 for a single, to **Madison Vipassana, Inc.**, along with the registration form below. If requests for single rooms cannot be met you will be refunded the difference in cost and placed in a double. Full payment is requested at the time of registration.

Mail registration to:

Madison, Vipassana, Inc.
c/o Julie Meyer
3914 Birch Ave.
Madison, WI 53711

REGISTRATION FORM: James Baraz Retreat, Pine Lake Center Center, Westfield, WI

Makes checks payable to: Madison Vipassana, Inc.

Circle your gender M F Is this your first vipassana retreat? _____ Amount enclosed _____

Name _____ Address _____

City _____ State _____ Zip _____ Phone: Day _____ Eve _____

Email _____ I enclose an additional \$ _____ to be used for scholarships.