

# blue cliff monastery

“Loving Kindness”

**Ottawa Non-Residential Week-End Retreat with  
Monks and Nuns from Blue Cliff Monastery  
May 15<sup>th</sup> - May 16<sup>th</sup> 2010**

## RETREAT REGISTRATION INFORMATION

### About Blue Cliff



Blue Cliff Monastery is an extension of Plum Village meditation center in France, founded by the Venerable teacher Thích Nhất Hạnh. This monastery, established in May 2007, is set in the lush green Hudson Valley of New York.

A group of 5 monks and 2 nuns are on tour in Toronto, Ottawa and Montreal in the month of May 2010. In Ottawa they will be leading an in-city, non-residential week-end retreat to guide us in the practices of sitting meditation, total relaxation, touching the earth, and the practices of deep listening and loving speech.

### Retreat Information

**What:** In-City retreat with the monks and nuns of Blue Cliff Monastery

**Where:** Dieu Khong Nepean Buddhist Center  
51 Slack Road  
Ottawa, ON K2G 0B7

**When:** May 15-16

**Registration Fee:** To cover transportation costs and offer Dana to Blue Cliff Monastics: \$50. We will make every effort to accommodate those with limited income.

**Registration Deadline:** Registration Forms and cheques, paid in full, should be sent by May 1st to the Sangha Treasurer, Laureen Osborne. Cheques should be made out to Laureen Osborne and sent to 6419 Deer Valley Crescent Greely, ON K4P 0A9. [laureenosborne@rogers.com](mailto:laureenosborne@rogers.com)

**Retreat Capacity:** Dieu Khong is limited to 40 people. Book early to ensure a spot.

**Cancellation Policy:** Full Refund if you withdraw your registration 1 week in advance. We will be maintaining a waiting list, so please notify Laureen as soon as possible about any cancellations

## Retreat Schedule:

### May 15th:

8:30	Arrival, Registration, and Welcome
9:00	Sitting and Sutra Recitation*
10:00	Break*
10:15	Mindful Movements*
11:00	Mindful Singing, Dharma Talk and Walking Meditation
1:00	Silent Lunch/Vegetarian Potluck*
2:30	Dharma Discussion in small groups
3:30	Tea break
4:00-5:15	Touching the Earth/Deep Relaxation*

### May 16th:

8:30	Arrival
9:00	Five Mindfulness Trainings Transmission Ceremony*
10:30	Break*
11:00	Dharma Talk and Walking Meditation*
1:00	Silent Lunch/Vegetarian Potluck*
2:30	Dharma Discussion in small groups
3:30	Tea Break
4:00 - 5:00	Metta Sutra Recitation and Practice*

\*All starred parts of program indicate practice of noble silence to support the community in developing a beautiful mindfulness practice.

### What to Bring:

- Water bottle, cup and napkin
- Potluck Lunch Contribution (suggestions: veg. casserole, salad, dhals, tofu dish, stir fry, desert)
- Sweater, Hat for outdoor walking meditation
- Modest Attire Requested
- Please refrain from using perfume and other scents to respect people with allergies.

Retreatants are requested to refrain from smoking and drinking alcohol during the entire retreat and to practice the Five Mindfulness Trainings in order to support creating a safe and healthy environment. The Five Mindfulness Trainings are guidelines that support us in realizing our aspiration of living a meaningful and happy life in a spirit of non-harming.

<http://www.deerparkmonastery.org/mindfulness-practice/the-five-mindfulness-trainings>

### Wishing you happiness and well-being

*May all beings be peaceful, happy, and light in body and spirit.  
May all beings be safe and free from injury.  
May all beings be free from anger, afflictions, fear, and anxiety.*

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**RETREAT REGISTRATION FORM**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_  
**Date:** \_\_\_\_\_ **Male:** \_\_\_\_\_ **Female:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Province:** \_\_\_\_\_  
**Postal Code:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_  
**Home Telephone:** \_\_\_\_\_ **Work Telephone:** \_\_\_\_\_

Have you previously **practised meditation**? If so, how long have you practised, and with which teacher(s) / tradition(s):

How much **retreat experience** do you have?

None \_\_\_\_\_

Short Retreats (1-6 day periods) \_\_\_\_\_ (specify how many)

Long Retreats (7-14 day periods) \_\_\_\_\_ (specify how many)

Extended Retreats (15 day +) \_\_\_\_\_ (specify how many)

**Please list the name and telephone number of someone to contact, in case of an emergency:**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please mail this form with your payment (\$50.00) to:

Laureen Osborne

6419 Deer Valley Crescent Greely, ON K4P 0A9

[laureenosborne@rogers.com](mailto:laureenosborne@rogers.com)

If you withdraw your registration 1 week in advance, your payment will be refunded in full.  
We will be maintaining a waiting list, so please notify Laureen by e-mail as soon as possible about any cancellation.