

blue cliff monastery

“Mindfulness in Daily Life”

A Retreat with Monks and Nuns from Blue Cliff Monastery

May 13 – May 15, 2011

Pembroke, Ontario

INFORMATION



Thich Nhat Hanh

About Blue Cliff

[Blue Cliff Monastery](#) is an extension of the [Plum Village](#) meditation center in France. Founded by the Venerable Zen Master Thich Nhat Hanh, Blue Cliff is set in the lush green Hudson Valley of New York and was established in May 2007.

Retreat Information

A number of monastics from Blue Cliff are on tour in Canada in the month of May 2011. They will be leading a weekend retreat at the [Marguerite Center](#) in Pembroke, Ontario, May 13-15, to guide us in the practices of sitting meditation, total relaxation, touching the earth, and the practices of deep listening and loving speech.

Who Will Enjoy This Retreat

The retreat welcomes beginner as well as experienced meditators. There is no separate programming for youth, however, 12 to 17 year olds are welcome to register if accompanied by an adult.

Location

The retreat will be held at the Marguerite Centre, 700 Mackay Street, Pembroke, ON.

[Link to Marguerite Centre](#)

[Link to Google Map](#)

There is ample free parking at the Centre.

Arrival

Please plan to arrive between 4:00-5:30 p.m. Friday, May 13. Dinner will be served between 5:30-6:30 p.m. The retreat will conclude at 3:00 p.m. Sunday, May 15.

Accommodation

Residential retreatants will have their own private room at the [Marguerite Centre](#). Each room features its own sink for private cleansing. Rooms are bright with large windows and are furnished with a single bed, a desk and reading chair. Bathrooms are shared. Shower facilities are available.

There is a non-residential option for families and others who would prefer to share accommodation at one of the local hotels nearby. The following two options are suggested.

The Hillside Inn www.hillsideinn.ca

This motel offers modest rooms with two double beds in the range of \$68 a night. It is close to the Marguerite Centre.

Comfort Inn www.comfortinnpembroke.com

This hotel offers non-smoking rooms with two double beds for \$111.34 a night when you request the Manager's Promotion.

PROGRAM

Friday May 13

4:00-5:30: Arrival & Sign-in

5:30-6:30: Dinner

7:00: Orientation, followed by 'meet your family'

8:30: Sitting meditation

9:30: Noble silence begins and continues throughout breakfast and lunch on Saturday

Saturday May 14

6:30: Morning meditation/Sutra recitation & chanting

7:30: Mindful Movement

8:00: Breakfast

9:30: Dharma Talk followed by walking meditation

12:00: Lunch

▶ Private consultations with Monastics

2:30: Deep Relaxation or Meditation

4:00: Dharma Discussion Groups

5:30: Dinner

▶ Private consultations with Monastics

7:30: Sharing on the Five Mindfulness Trainings

8:30: Evening Meditation

9:30: Noble Silence begins and continues throughout breakfast and lunch on Sunday

Sunday May 15

6:30: Morning Meditation/Reciting the Five Mindfulness Trainings

7:30: Mindful Movement

8:00: Breakfast

10:00: Q & A with Monastics

12:00: Lunch

▶ Private consultations with Monastics

2:00: "Be-in": Sharing Songs and Poems

3:00: Departure

Registration Fees

	Early bird rate (before April 15)	Regular rate (after April 15)
Residential fee (includes two nights accommodation at Marguerite Centre, all vegetarian meals and snacks, and retreat program)	\$251	\$276
Non-Residential fee (includes all vegetarian meals and snacks, and retreat program)	\$126	\$139

- For those who are able to do so, please pay in full with your retreat registration form. Retreatants may also pay in two installments to suit budgetary requirements as needed – 50% Downpayment due April 1st (to get early bird rate); final installment due May 1st. ***Please include your postdated cheque with your retreat registration form.***
- Financial assistance may be available on a limited basis.

Prices include taxes. Registration is limited, please register early. Forms must be received and approved in advance of the retreat – there is no on-site registration.

Would you be willing to offer \$25 to help those who require financial assistance?
Yes___ No___ If so, please add this amount to your fee.

Would you be willing to donate something to Blue Cliff Monastery?
Yes___ No___ If so, please add this amount to your fee.

Cancellation Policy: Full refund if you withdraw before Friday, May 6.

ALLERGY ALERT – meals and snacks may contain nuts.

What To Bring

- Personal toiletries such as toothbrush, etc.
- Alarm for morning wake-up
- Indoor footwear
- Meditation cushion (some cushions will be available; chairs will also be available)
- Sweater or coat for outdoor walking meditation
- Water bottle
- All towels and bedding will be provided by the Marguerite Centre.

Retreat Protocols

- Please refrain from using perfume and other scents to respect people with allergies
- Please wear modest attire, i.e. simple dress that covers the shoulders and knees
- Please be on time for morning sitting to help maintain a beautiful peaceful practice
- We will support each other in the practice of noble silence from evening meditation through silent lunch.

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>

Meal Plan

Dinner Friday May 13 '11

5:30 – 6:30 pm

Lentil Vegetable Stew
Pasta Salad with Light Lemon Vinaigrette
Spinach Orange Toss
Oat Bread / Multi Grain Bread
Toffee Square with Fresh Fruit

Breakfast May 14 '11

8:00 am – 9:00 am

Hot Oatmeal
Breakfast Quinoa
Granola
Assorted Cold Cereals
Juice – Apple or Orange
Fresh Fruit
Banana Muffins English Muffins
Multi Grain Bread

Lunch Saturday May 14 '11

12:000 – 1:00 pm

Minestrone Soup
Tofu Lasagna
Falafel
Pea & Peanut Salad
Marinated Vegetable Salad
Sliced Tomatoes and Cucumbers
Apple Raisin Crisp
Red or Green Grapes

Dinner May 14 '11

12:00 to 1:00 pm

Vegetable Curry
Chic Pea and Wild Rice Casserole
Coleslaw
Butternut Squash & Apples
Vegetable Trays
Raw Carrot Cake / Fresh Fruit

Breakfast Sunday May 15 '11

8:00 – 9:00am

Red River Cereal
Scrambled Tofu
Granola
Juice Apple & Orange
Fresh Fruit
Oatmeal Muffins
English Muffins
Multi grain Bread

Lunch Sunday May 15 '11

12:00 – 1:00pm

Tuscan White Bean Soup
Vegetable Masala with Brown Rice
Sesame Broccoli Linguine
Lemon Cumin Couscous Salad
Sweet & Sour Squash Salad
Vegetable Trays
Fruit Salad & Maple Nut Cookies

Breaks

Fresh Fruit
Oatmeal Raisin or Peanut Butter Cookies
Assorted Herbal Teas
Juice / Water

Notes: The water available is a Labrador spring water dispensed from water coolers available throughout the building.

Rice and soy milk available at all meals

Multi Grain Bread available at all meals

Sunflower seeds, mixed nuts and raw almonds available at all meals

The Granola we make has nuts and raisins

Assorted herbal teas and Fair Trade coffee available at all meals.