



October 21-23, 2011

Bethel Horizons
Dodgeville, WI

Retreat center is located on 600 beautiful acres next to Governor Dodge State Park.

DIRECTIONS

From Chicago: Take Interstate 90 West from Chicago into Wisconsin. Exit at first Madison exit (Hwy 12/18 West). Note that exit is on left side of the highway. Take 12/18 (also known as the Beltline) about nine miles to Dodgeville exit (Midvale Blvd./Hwy 18/151) and turn left at bottom off the off-ramp. See Madison directions.

From Milwaukee: Take Interstate 94 west from Milwaukee to Madison. On the outskirts of Madison, take Interstate 90 East towards Janesville & Chicago, about 3.5 miles to Hwy 12/18 West. Take 12/18 (also known as the Beltline) about nine miles to Dodgeville exit (Midvale Blvd./Hwy 18/151) and turn left at bottom of off-ramp. See Madison directions.

From Madison: Follow Hwy 18/151 west. When the two highways divide near Dodgeville, follow 18 west into Dodgeville. Then turn right (north) on Hwy 23 at a traffic light. Follow Hwy 23 North roughly 5 miles, and turn right on Hwy ZZ. (Hwy ZZ is past the entrance to Governor Dodge State Park.) After about a mile on Hwy ZZ, look for the illuminated sign for Bethel Horizons on the right.

Madison's SnowFlower Sangha

invites you to the

Annual Autumn Regional Retreat

Nourishing Ourselves, Nourishing Others...in Mindfulness

A weekend of Mindfulness
October 21-23, 2011

With Dharma Teachers
Jack Lawlor and Cheri Maples

Schedule

- Check-in begins 6:00 p.m. Friday
- Optional orientation for newcomers at 6:30 p.m. Friday
- Snack and quiet conversation 7:00 p.m.
- Retreat begins 8:00 p.m.
- Departure Sunday 2:00 p.m.

What to Bring

- Sitting cushion (chairs will also be available)
- Bedding (sheets for double bed, pillows and blankets)
- Towels
- Warm clothes for outdoor walking meditation

Details

- \$190 per person
- 2 to 6 per room (we will try to keep couples together but can make no guarantees)
- Delicious vegetarian meals by Rajan Pradhan
- Please respect NOBLE SILENCE
- Please try to help us by registering by OCTOBER 5 if possible. No registrations can be accepted after October 14.

More information

- Contact Walt Keough: walt@snowflower.org

Registrants: Please keep this first page for reference and send your check with only page two.

REGISTRATION FORM

Autumn Retreat sponsored by SnowFlower Sangha

Nourishing Ourselves, Nourishing Others ... In Mindfulness

October 21-23, 2011 at Bethel Horizons, Dodgeville, WI

Name(s): _____ Male___ Female ___ Couple___

Address: _____

Email: _____ Phone: _____

Registration fee: \$ _____ (= _____ person(s) at \$190 each)

Contributions: \$ _____ to Thay's Love & Understanding Project for poor Vietnamese children

\$ _____ to retreat scholarship fund

Total Enclosed: \$ _____

----- To register, please mail the above form with payment -----

Make checks payable to:

SNOWFLOWER SANGHA

Mail to:

SnowFlower Sangha Retreat
c/o Celeste Robins
PO Box 3151
Madison WI 53704

For more information, contact:

Walt Keough
walt@snowflower.org

**Peace is all around us - in the world
and in nature - and within us, in our
bodies and our spirits. Once we
learn to touch this peace, we will be
healed & transformed. It is not a
matter of faith; it is a matter of
practice.**

—Thich Nhat Hanh

NOTES:

- Scholarships are available for those with need. For more information, contact Karuna Namenwirth (bnamenwirth@yahoo.com)
- We will try our best to keep couples together, but can make no guarantees. Rooms for couples may be in any of the residential buildings.
- The \$190 retreat fee covers only core expenses such as the cost of food and the retreat center. A *dana* (generosity) offering to support the kitchen staff will also be appreciated. More information about this will be provided toward the end of the retreat.
- Cancellation policy: Full refunds for cancellations received by Wednesday, October 5. Half refunds for cancellations received between October 5 and October 14. No refunds can be given for cancellations after October 14.