



**October 18-20, 2019**

**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) with exit from left lane. Take 12/18 (also known as the Beltline) about nine miles to Dodgeville exit (Midvale Blvd./Hwy 18/151) **BE ALERT TO BACKUPS, MERGE EARLY INTO THE RIGHT LANE.** Turn left at bottom of 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) **BE ALERT TO BACKUPS, MERGE EARLY INTO THE RIGHT LANE.** 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 a Loving, Joyful, Engaged and Genuine Contemplative Practice:***

***Exploring Insight Meditation  
in the Tradition of Thich Nhat Hanh***

A weekend of Mindfulness  
October 18-20, 2019

With Dharma Teacher  
Jack Lawlor

#### **Schedule**

- Check-in begins 5:30 p.m. on Friday
- Hearty snack and quiet conversation starting at 6:00 p.m.
- Retreat officially begins 8:00 p.m. Friday; noble silence begins
- Saturday through Sunday:
  - Dharma talks
  - Mindfulness practices, including indoor/outdoor walking
  - Discussion groups
  - Tea ceremony
  - Five Mindfulness Trainings ceremony
- Departure Sunday 2:00 p.m.

#### **What to Bring**

- Sitting cushion (chairs will also be available)
- Bed linens, blankets and towels
- Warm clothes for outdoor walking meditation
- Coffee/tea mug

#### **Details**

- \$210 per person; \$155 per person camping or staying offsite
- Lodging: 2 to 6 per room (couple requests may be fulfilled)
- Delicious vegetarian meals by Rajan Pradhan
- Noble silence is practiced for the majority of the retreat
- Register early, as there is a maximum capacity!

#### **More information**

- Contact Gloria Green or Tom Loomis: [sfretreats@snowflower.org](mailto:sfretreats@snowflower.org)

*Registrants: Please keep this page for reference.*

- If the cost of the retreat might be an issue, contact Pam Moran (scholarships@snowflower.org). Scholarships are available so that no one is deprived of the retreat experience because of cost.
- Tent or trailer camping is an option at Bethel Horizons. If you prefer to stay off-site, a block of rooms has been held at *The House on the Rock Inn*, Hwy 23, Dodgeville WI, (888) 935-3960 or (608) 935-3711, until September 16. Refer to the group name "SnowFlower Retreat" when making reservations.
- We will try our best to keep couples together if that status is indicated on the registration form, and rooming together is preferred, but we can make no guarantees.
- If you have special needs or patterns that may disturb others' sleep significantly, or if you have dietary needs (e.g. vegan, gluten-free, lactose intolerant), please tell us in the "Notes" section of the registration form.
- The retreat fee covers only core expenses such as the cost of food and the retreat center. A contribution (dana) at retreat's end 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 Saturday, September 28. Half refunds for cancellations between September 29 and October 7. Refunds not offered after October 7.
- If applying via US mail, send your check with the bottom part of page two to the address below. Or register and pay online.

Make checks payable to:  
SNOWFLOWER SANGHA

Mail to:  
SnowFlower Sangha Retreat  
c/o Celeste Robins  
PO Box 3373  
Madison WI 53704-3373

When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love.

—Thich Nhat Hanh

For more information, contact: Tom Loomis or Gloria Green at [sfretreats@snowflower.org](mailto:sfretreats@snowflower.org)

## REGISTRATION FORM

**Autumn Retreat sponsored by SnowFlower Sangha, October 18-20, 2019 at Bethel Horizons, Dodgeville, WI**

*(Please print clearly)*

Name(s) and preferred gender ID for each: \_\_\_\_\_  
\_\_\_\_\_

Roommate Request: \_\_\_\_\_ (couples enter "couple" if desired)

Accommodation Request: on-site 5 minute walk \_\_\_ on-sight 15+ minute walk \_\_\_ on-site camping \_\_\_ off-site \_\_\_

Complete address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Registration fee: \$ \_\_\_\_\_ = \_\_\_ persons at \$210 ea (on-site) or \_\_\_ persons at \$155 ea (camping or off-site)

Contributions: \$ \_\_\_\_\_ to Thich Nhat Hanh Foundation

\$ \_\_\_\_\_ to retreat scholarship fund

**Total Enclosed:** \$ \_\_\_\_\_ Notes: \_\_\_\_\_

Permission to share my email because I need a ride: \_\_\_\_\_ or because I can offer someone a ride: \_\_\_\_\_

*Retreat management team only shares email addresses. Retreatants must do their own coordinating, and pay attention to cancellation deadlines.*