

A Weekend of Spiritual Inquiry and Insight Meditation

New Hope Sangha Spring Meditation Retreat



May 21–23, 2010

STONE HOUSE, MEBANE NC



A weekend retreat is an opportunity to develop calmness, wisdom, and compassion in a supportive environment. Beginners as well as experienced meditators are welcome. The weekend will include meditation instruction, silent meditation practice, dharma talks and chanting. Emphasis will be on developing mindfulness in sitting, standing and walking to access our innate understanding, joy and peace.

THE TEACHERS

Barbara Brodsky is a Quaker and trained dharma teacher in the Buddhist tradition. She is the guiding teacher of Deep Spring Center in Ann Arbor Michigan. Barbara has been deaf for 35 years. She is the channel for the discarnate entity, Aaron. **Aaron** is a being of light who has evolved beyond the need to return to the physical plane. We have a special page on Aaron at our web site, newhopesangha.org.

John Orr received Theravada Buddhist ordination and training for eight years while living in Thailand and India. He has been teaching meditation and leading retreats since 1980. John is the guiding teacher of New Hope Sangha and teaches at Duke University.

Barbara and John follow an age-old tradition of freely and open heartedly offering the dharma. They receive no payment from the registration fees. What the retreatants give allows the teachers to continue their work of sharing the dharma. During the retreat there will be baskets available for your offerings

SCHEDULE AND FEES

The retreat will begin with check in at 5:00 PM Friday. Following dinner at 6:00 PM, the weekend program will begin and continue until closing at 4:00 PM Sunday. The evening programming will end at 9:30 PM on Friday and Saturday. Breakfast will be served at 8:00 AM on Saturday and Sunday.

Fees include lodging, dinner on Friday, three meals on Saturday, and two meals on Sunday. The fees are based on your lodging preference.

RESIDING ON SITE	\$225
TENTING ON SITE (bring your own tent)	\$200
COMMUTING	\$175

For early registrations received before April 23, subtract \$20 from your fee. For registrations received after April 23, include the full amount. There is also an option for a nonrefundable deposit which is due at the time of registration, with the balance due on May 21.

Return the form below and a check made out to Durham Meditation Center, 1214 Broad St. #2, Durham, NC 27705. Confirmation will be emailed to you along with detailed directions to Stone House. Space is limited. Please contact Donna Deal if you have any questions: email donnadeal@aol.com or call (919) 667-5906.

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REGISTRATION FORM

Name _____ Address _____

Telephone _____

Email _____ Preferred roommate if residing on site (optional) _____

If you are residing on site check one: Early registration, received before 4/23 (\$205) Registration after 4/23 (\$225) Deposit (\$125)

If you are tenting check one: Early registration, received before 4/23 (\$180) Registration after 4/23 (\$200) Deposit (\$100)

If you are commuting check one: Early registration, received before 4/23 (\$155) Registration after 4/23 (\$175) Deposit (\$75)

OUR TEACHERS DO NOT RECEIVE ANY FUNDS FROM THESE REGISTRATION FEES. PLEASE BE MINDFUL THAT THEY RELY ON YOUR DANA FOR THEIR LIVELIHOOD.