

# The Beautiful Breath Meditation Retreat *Information*

Thursday, January 24 to Sunday, January 27, 2019

**St. Benedict's Retreat and Conference Centre**

**225 Masters Ave, Winnipeg, Manitoba**

You are receiving this information because you have shown interest in or registered for the *Beautiful Breath Meditation Retreat* from January 24-27, 2019 with teacher Emyo Seien Darlene Tataryn.

**Payment:** The retreat cost is \$300 payable online via PayPal at [paypal.me/RobertaAnderson1623](https://paypal.me/RobertaAnderson1623) or by cash or cheque before or at the start of the retreat.

**Arrival time:** Any time after 4:00 pm on Thursday, January 24. Feel free to come early and get settled. *Please note that supper is not provided on this evening.*

**Start time:** 7:00 pm Thursday, January 24

**End time:** Before noon on Sunday, January 27

**Food:** Three vegetarian meals a day will be provided on Friday and Saturday and breakfast will be provided on Sunday. Breakfast includes scrambled eggs, fruit, toast, hot and cold cereal and more. Lunch and dinner include a salad bar, soup/vegetables and dessert. All meals include juice, coffee, tea or milk. Feel free to bring whatever supplemental foods you feel you may need over the retreat weekend.

*If you have any medically necessary dietary needs, let the registrar Ryosen Roberta Anderson know.*

**Emergency contact:** If someone needs to reach you in case of emergency, they can call the monastery at 204-339-1705 or the registrar's cell phone at 204-481-1623 which will be checked periodically throughout the day.

## The Retreat

### Preparation for the Retreat

Handle the details of your life so that you can be fully present at the retreat. This is a silent retreat to give you the opportunity to turn deeply within in a strong container. For the benefit of all, please maintain essential silence. Let your work, family and friends know that you will be 'off-line' for the week.

## **Meditation Room**

- We will be practicing a combination of sitting and moving meditation.
- Bring your meditation cushions or benches as well as a yoga mat if you have one. Chairs will be provided if you prefer to sit in a chair. We will have some extra meditation cushions.
- Wear comfortable, loose fitting, dark [black, navy, brown] clothing without loud labels and designs to minimize distraction. You might like to have a meditation shawl or blanket.
- Shoes are not worn in the meditation room.

## **Retreat Centre**

- Linens, blankets, and a bath towel are provided
- Some walking will be required to move around the building and use of stairs
- Footwear is required when not in the meditation room
- You will have some personal time
- Private walking trails are available on the grounds
- A flashlight is useful for evening or very early morning walks
- Layered clothing is advised for changing weather conditions
- Reusable coffee mugs/water bottles are encouraged
- You may like to have a sketch pad or journal
- Burning of candles or incense are NOT allowed in your room
- If you lose your key, there is a charge of \$5

## **Departure - Leave no Trace**

The retreat will end before lunch on Sunday, January 27. In the Zen tradition, it is our intention to "leave no trace". As a community we would like to leave the site in better shape than when we arrived. We will let you know how you can help to restore the site at the end of our retreat.

## **Dana**

In keeping with the tradition of Darlene's teachers, this teaching is freely given. The retreat fee you paid covers the cost of the facility rental, rooms and meals.

As a traditional gesture of generosity and support, you are invited to consider offering a gift (financial or other) to the teacher known as dana - which is freely-given and based on your value of the teachings and what you can afford.

Please contact Ryosen Roberta Anderson at [roberta.anderson1623@gmail.com](mailto:roberta.anderson1623@gmail.com) or by phone at 204-481-1623 if you have any questions.