

10-DAY MEDITATION RETREAT WITH AJAHN SONA

Galilee Centre, Arnprior, Ontario - November 12-21, 2010

RETREAT REGISTRATION INFORMATION

About Ajahn Sona

Born in Canada, Venerable Sona's background as a layperson is in classical guitar performance. His encounter with Buddhist wisdom as a young man initiated a spiritual journey that led him to become a lay hermit for several years. He subsequently ordained as a Theravada monk under Ven. Gunaratana, at the Bhavana Society in West Virginia, where his first years of training took place. Venerable Sona further trained for over three years at monasteries following Ajahn Chah in northeast Thailand, especially Wat Pah Nanachat. Upon his return to Canada in 1994 he helped found Birken Forest Monastery near Pemberton, BC. As its spiritual guide, Ajahn ("teacher") Sona has led the monastery through each stage of its growth. He established Birken (or, Sītavana, 'cool forest') in its final location south of Kamloops BC in 2001. Ven. Sona has led many meditation retreats in Canada and abroad. His teachings combine Buddhist wisdom with common sense.

For more information on Ajahn Sona and the Birken Monastery go to: <http://birken.ca>

The Retreat Site

The Galilee Centre (www.galileecentre.com) is located about 40 minutes west of Ottawa. It is a spacious building, surrounded by large lawns and trees, and features a scenic waterfront and walking trails. The accommodations are fully furnished single rooms with sinks. Beds, bedding, and towels are provided. The chef serves vegetarian and vegan dishes, using mainly natural ingredients.

Registration Information

WHEN: Friday, November 12th to Sunday, November 21st, 2010.

ARRIVAL TIME: Friday November 12th. By 5:00 pm.

WHERE: Galilee Centre. From Ottawa, take Hwy 417 West to Arnprior. Take the first Arnprior exit: "Arnprior/Carleton Place Hwy 29". At the Stop sign turn right on Hwy 29 to the end of the road. Turn left on Madawaska Blvd. Turn right at the third set of traffic lights onto John Street which ends at the Galilee Centre, 398 John St. North, just after Arnprior Hospital. **Galilee Centre Telephone: (613) 623-4242.**

COST: \$650 (CDN). Please note that the retreat fee pays for rental of the retreat site, a single room, and two meals per day. Please note this does not cover all the expenses for Ajahn Sona. **Please make cheques payable to Dianne Fairfield. Please see fee schedule on registration sheet.**

CANCELLATION: The deposit of \$100 is not refundable. You will be returned your two cheques of \$300 and \$250 if your cancellation is made six weeks prior to the retreat. **If the cancellation is less than 6 weeks from the start of the retreat, then your cheques of \$300 and \$250 will be returned as long as there is someone to replace you from the waiting list.**

REGISTRATION PRIORITY: All those who have expressed an interest in the retreat prior to February 15th 2010 will have first opportunity to register.

WHAT TO BRING: Alarm clock, water bottle, toiletries, enough clothes for the duration of the retreat, warm clothes and walking shoes/boots for outside, slippers, meditation cushion and mat to put your cushion on. Please ensure you keep any valuables in a secure place.

VOLUNTEERING: Retreat organization is done on a voluntary basis. You are invited to sign up to help with various light tasks (e.g. offering food to Ajahn Sona, bell-ringing, etc.) during the retreat.

CODE OF CONDUCT: Retreatants are asked to undertake the basic training rules embodied in the Eight Precepts and to observe noble silence and Retreat Guidelines. The Eight Precepts are:

Harmlessness: not intentionally taking the life of any creature.

Trustworthiness: not taking anything that is not given.

Chastity: refraining from any sexual activity.

Right Speech: avoiding false or malicious speech.

Sobriety: not taking any intoxicating drinks or drugs.

Renunciation: not eating after mid-day**.

Restraint: refraining from entertainments and self-adornment.

Alertness: refraining from over-indulgence in sleep.

****Participants with medical conditions requiring a dietary regime will not be expected to observe this precept but please communicate this to the organizer when registering for the retreat so if there are any questions they maybe cleared by Ajahn Sona.**

MEALS: Vegetarian breakfast and lunch are the two main meals. Tea and juice will be available in the evening.

DONATIONS TO THE MONK: *In keeping with ancient Buddhist tradition, the teaching and meditation instructions given by the monk are free of charge. The monk and the monastery are supported by donations. You may make a donation to the monk through the OBS and receive a tax receipt at the end of the year.*

TO REGISTER: Please complete the attached registration form and mail it with your payment to:

Dianne Fairfield, Retreat Coordinator, 1271 Powers Road RR#3, Perth, Ontario K7H 3C5

[

Please make cheques payable to Dianne Fairfield]

(Phone: 1-613-264-9661) diannelande@yahoo.ca

RETREAT REGISTRATION FORM

10-DAY Jhana RETREAT WITH Ajahn Sona November 12th-November 21st, 2010

First Name: _____ Last Name: _____

Date: _____ Male: _____ Female: _____

Address: _____ City: _____ Province: _____

Postal Code: _____

E-mail: _____

Home Telephone: _____ Work Telephone: _____

Do you have any special health needs and or dietary restrictions?

Do you **need a ride** to the retreat? Y / N

Can you **offer a ride** to the retreat? Y / N

- from **Ottawa**? (Specify area of town) _____

- Or from **out of town**? (Specify town) _____

Registration for this retreat requires that the retreatant has been on a minimum of two previous 10-day meditation retreats.

Please list the last two 10-day retreats you were on.

1. Retreat..... Date.....
Teacher.....

2. Retreat..... Date.....
Teacher.....

Please list the name and telephone number of someone to contact, in case of an emergency:

Name: _____ Telephone: _____

Fee Schedule

PLEASE SEND 3 CHEQUES MADE OUT TO: DIANNE FAIRFIELD

- 1. Non-refundable deposit of \$100, due upon registration.**
- 2. October 15th. 2010: \$300**
- 3. November 11th. 2010: \$250**

THANK YOU!