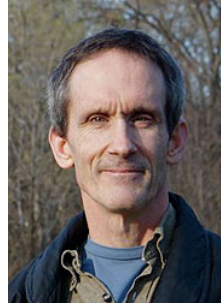


**A 2-Day Mindfulness Meditation Retreat  
with Jim Bedard and Randy Baker  
(of Satipanna Insight Meditation Toronto)**

Ron Kolbus Lakeside Centre, Britannia Beach, Ottawa  
Saturday, March 11th to Sunday, March 12th, 2018  
*Sponsored by the Ottawa Buddhist Society*



**Registration Form**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Phone number** \_\_\_\_\_

**Emergency Contact and phone #** \_\_\_\_\_

\_\_\_\_\_  
**Any other information retreat organizers should know (health or disabilities)**

\_\_\_\_\_  
**Are you an OBS member** \_\_\_\_\_

**Please make cheque payable to Ottawa Buddhist Society**

**\$50 OBS members \$60 non members. Mail to Jane Brown, Retreat Registrar,  
71 Sunnycrest Dr Ottawa K2E 5Y6**

