

**Two Day Non-Residential Hybrid
Insight Meditation Retreat
Led by [Jim Bedard](#)
of Satipanna Insight Meditation Toronto**

Fisher Heights Community Place, 31 Sutton Place, Ottawa
Friday, March 24th to Saturday, March 25th, 2023

9:00 AM – 4:00 PM

Sponsored by the Ottawa Buddhist Society (OBS)



Theme: Strengthening Mindfulness and Samadhi (non-distraction)

Strengthening the mind's ability to be present allows us to make wise choices instead of being driven by habit. This puts us on a trajectory that leads away from suffering and towards peace and happiness.

This retreat is suitable for beginners as well as experienced meditators. Our daily schedule will include periods of sitting and walking meditation, a Dharma talk and Qigong/ mindful movement exercises (see schedule below)

Cost for In-person retreat: \$40.00 to be paid at time of registration (Limit of 35 people)

Lunch: Participants are asked to bring a bag lunch. A variety of teas, hot chocolate and instant coffee will be provided

Registration for in-person retreat: Begins Monday March 6th. Register: [here](#)

On-line Retreat: Free, Zoom Link for on-line retreat

<https://us02web.zoom.us/j/83785473523?pwd=Y1Rwek9aSXBmc2ZPRjVHVkV3IVUT09>

Donation: Jim offers the teachings freely. The registration fee covers only the cost of the venue etc. Please practice generosity by making a donation on the OBS website [here](#). Donations made between March 20 and April 1 will be passed on to Jim.

Questions: Please contact retreats@ottawabuddhistsociety.com

Schedule

8:45—9:00	Arrival and setting up (cushion or chair or combination)
9:00—10:00	Meditation w/instruction
10:00—10:30	Walking Meditation
10:30 – 11:15	Sitting Meditation
11:15—11:45	Walking Meditation
11:45—12:30	Sitting Meditation
12:30—2:00	Lunch Break
2:00—2:45	Dhamma Talk/Q&A
2:45—3:15	Walking Meditation
3:15—4:00	Sitting Meditation and closing remarks
4:00-4:15	Clean up and removal of cushions etc