

Buddhist Meditation Retreat

May 20th to May 25th, 2010

***River Rock Studio
Cochrane, Alberta***

Facilitated by Shirfu Samanta

The Calgary Buddhist Meditation Center is sponsoring a six-day silent residential retreat to be held in the beautiful setting of River Rock Studio, north of Cochrane, Alberta. Check out the facilities at www.riverrockstudio.com/

The facility accommodates 11 people overnight. There are some single rooms but mainly shared accommodations all with adjoining bathrooms. The costs per night are \$78 for shared and \$98.00 for a single room. (plus gst)

Food costs are shared as well as cooking and kitchen duties. Last year we dined exceptionally well on a vegetarian diet. Food costs are estimated to be approximately \$100 for the entire retreat.

The retreat will run from 6PM on Thursday, May 20th till Tuesday, May 25th at noon. Dinner will be provided on Thursday evening and you will have lunch before you leave on Tuesday.

If you feel a calling to participate in all or part of this wondrous time, please complete this form and send in your deposit of \$100 and this registration form by April 15th, 2010. If for any reason you are unable to attend after you have registered, we will be happy to fully refund your money up to May 10th, 2010.

When we receive your registration and deposit, you will be given all the details regarding time of arrival, directions, what to bring, etc.

The fee for the retreat itself is approximately \$125 at 6 participants and will be reduced accordingly with increasing numbers. (This is a non-profit venture!)

Dana is at your discretion.

Meditation experience is an asset. If you are interested, but inexperienced at meditation, please feel free to contact Dr Barber at abarber@ucalgary.ca or if you have any questions about the retreat, contact Carol Anne Halstead at cahalstead@shaw.ca

Buddhist Meditation Retreat

May 20th to May 25th, 2010

**River Rock Studio
Cochrane, Alberta**

Facilitated by Shirfu Samanta

Please send in your registration form and deposit by April 15th to:

Carol Anne Halstead
9008 Bay Ridge Drive SW
Calgary T2V 3N2

Name _____

Address _____

Email Address _____

Phone Number _____

Emergency Contact _____

E.C. Phone number _____

Food sensitivities or dietary restrictions _____

Car Pool needed? Yes ___ No ___

Do you have a sitting cushion or bench? Yes ___ No ___