



INSIGHT MEDITATION RETREAT

A 5-Day Residential Retreat *with Shaila Catherine*

Friday, April 21 – Tuesday April 25, 2006

Dominican Spiritual Renewal Center
6400 Coors Blvd. NW, Albuquerque, NM

Mindfulness, investigation and **concentration** come together to create ideal conditions for **liberating insight**. Suitable for both beginning & experienced meditators, this retreat will provide instructions for sitting and walking meditations that encourage a balance of concentration, investigation, and mindfulness to penetrate our moment to moment experience and witness the nature of all phenomena as it actually occurs. The retreat will be held in Noble Silence. There will also be daily dharma talks & interviews with the teacher.

The Dominican Spiritual Renewal Center offers ample room for walking both indoors and out, with many tree-lined paths. The comfortable retreat facility was built in 2004.

SHAILA CATHERINE leads meditation retreats in England, India, Israel, and the United States. She studied at the Sharpham College for Buddhist Studies in England and has over 25 years of meditation experience. Shaila practiced abroad for nearly a decade with masters in India, Nepal, and Thailand. She recently completed a one year retreat focusing on jhana concentration practices. In 2001-2003 she served as the resident teacher for the Albuquerque and Santa Fe Vipassana Sanghas. Shaila now lives in California, where she leads a meditation community in Mountain View. For more information on her, visit www.bodhi-retreats.org.

RETREAT COST

\$330 per person

(includes all meals & private room with shared bath)

Nonresidential registration will be allowed once a minimum number of residential participants have registered: **\$250 per person** (includes meals)

*** Check in at retreat center between 8:30am – 9:30am 4/21 ***

*** Retreat begins 10:30am Friday 4/21 and ends 4:00pm Tuesday 4/25***

FOR FURTHER INFORMATION

Contact registrar Alexcia Trujillo at 505-265-6206, alexciagt@yahoo.com.au.

Or visit www.abqsangha.org.

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REGISTRATION

Deposit due upon registration: \$70 check made out to Albuquerque Vipassana Sangha
Send check and registration form to:
ALEXCIA TRUJILLO
713 FLORIDA SE
ALBUQUERQUE, NM 87108

If you cancel your registration prior to APRIL 1, 2006, your deposit is REFUNDABLE.
After that date, the deposit is NON-REFUNDABLE.

Remainder of your registration fee is due no later than WEDNESDAY APRIL 5, 2006.
*Please note that, due to the financial commitment the sangha makes to the retreat center based on room and board reservations, **after 4/5/06 you are responsible for the full fee and it cannot be refunded.***

Registrants will receive written confirmation with further information and directions to the center by mail.

SCHOLARSHIPS

The Albuquerque Vipassana Sangha wishes that no one refrain from joining in any retreat we sponsor due to financial considerations. If you would like to request scholarship support for this retreat, contact Alexcia Trujillo at alexciagt@yahoo.com.au. All scholarship inquiries and assistance will be kept confidential.

If in the spirit of generosity you wish to make a donation to the scholarship fund or the sangha, you may send Alexcia a separate check to the Albuquerque Vipassana Sangha, earmarked for the scholarship fund or other use.

DANA (GENEROSITY)

Generosity is said to be the first perfection of the Buddha. In keeping with the tradition that teachings of the dharma are *priceless*, the cost of the retreat covers only actual expenses and does not include a stipend for the teacher. At the end of the retreat, students will have an opportunity to practice dana by offering a voluntary monetary gift to support the teacher in her ongoing work of serving the dharma. When considering your dana, please reflect on the value of the teachings to your life and be aware that our teacher relies on dana for her income.

Registration Form: April 21-25, 2006 Shaila Catherine Retreat in Albuquerque, NM

Name email [print clearly]

Address City, State Zip

Phones

Food allergies & other special needs: _____

_____ My \$70 deposit check is enclosed. _____ I would like to receive information on scholarships.

This is my first silent Vipassana (insight/mindfulness) retreat: Yes_____ No_____

If you have attended previous retreats let by Shaila, please list the dates & places:
