



Liberating Attitudes

An Insight Meditation Retreat With Shaila Catherine

**Tuesday, December 27, 2016
Sunday, January 1, 2017 noon**

**Margaret Austin Center
Chappell Hill, Texas**

\$420

Registration open [here](#)

THE THEME OF THIS SILENT INSIGHT MEDITATION RETREAT is Liberating Attitudes. The Buddha taught that the perspectives we bring to our practice will impact what develops. His teachings encourage attitudes of forgiveness, peace, letting go, balance, curiosity, faith, and the desire for awakening. These attitudes are built into the eightfold path. This retreat will nurture skillful attitudes and include meditation instructions and dhamma teachings designed to strengthen mindfulness, clear awareness, letting go, and loving kindness.

This silent retreat is structured with alternating periods of sitting and walking meditation, dhamma talks, question and answer sessions, and teacher consultations. All levels from beginners to advanced practitioners are welcome.

THE TEACHER, Shaila Catherine, is the founder of Bodhi Courses, an online Dhamma classroom (BodhiCourses.org), and Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley, USA (imsb.org). She has been practicing meditation since 1980, with more than eight years of accumulated silent retreat experience and has taught internationally since 1996. Shaila studied with masters in India, Thailand, and Nepal, and also with the founders of western meditation centers. She completed a one-year intensive meditation retreat with the focus on concentration and jhāna, and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Shaila practiced under the guidance of Venerable Pa-Auk Sayadaw from 2006-2015, and authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā* to help make this traditional approach to meditative training accessible to western practitioners.



Sponsored by Mariposa Sangha
An Insight Meditation Community in Austin, Tx

www.MariposaSangha.org

RETREAT LOGISTICS The retreat will begin with a light meal at 7 PM Tuesday, Dec. 27 followed by the formal opening at 8:15 PM. The retreat will end on Sunday, Jan. 1 at noon, followed by lunch.

All meals (vegetarian) will be provided. Separate bunkhouse accommodations are provided for men and women, with two complete bathrooms in each. You may bring a tent if you wish. You will need to bring a sitting cushion and pad for meditation, or you may use chairs available at the center. You will also need sheets, blankets, pillow, towels and toiletries, a flashlight and rain gear. Since the retreat will be held in silence to facilitate the practice of looking within oneself, we ask you not to bring young children.

This is a fragrance free environment. Please do not wear scented products or fragrances, such as scented shampoo, lotion, shaving cream, perfume, cosmetics, or any product containing fragrance.

COST: The registration fee of \$420 covers only the operating costs of the retreat, not compensation for the teacher. **The teacher offers the teachings in the spirit of Dana, with the firm intention of keeping the retreat costs as low as possible. Giving freely is a corner stone of the practice.** Participants will be asked at the end of the retreat to reciprocate this kind and generous gift with free will donations according to their means and their own heart's response. Please bring a check book; we are not set up to accept credit card donations.

Partial scholarships are available. Contact kathyferland4@gmail.com if you will need a scholarship.

The **Basic Rate** registration fee is \$420. **Partial scholarship** registration fee is \$270.

Supporting Rate: In order to provide scholarships, we are requesting that those with the financial resources pay an additional \$25 above the Basic Rate, for a total of \$445. Your donation of \$25 above the basic rate is tax deductible and you will receive a letter acknowledging your donation for tax purposes.

Your early registration will help us in retreat planning and food purchase and preparation.

REGISTRATION: There are two ways to register and pay:

- 1. Register online** and pay by Paypal or mail in a check. Click on this [link](#) to register. We ask that you consider this option (registering online) as it greatly simplifies our process. You can still mail in a check using online registration.
- 2. Register by mail** and pay by check.



Checks are payable to Mariposa Sangha and should be mailed to Connie Shortes, 3412 Westside Cove, Austin, Tx 78731. Print out the registration form and include it with the check if registering by mail. You do not need to complete the paper form if registering online.

Confirmations will be sent to paid registrants via email. You are not registered until we receive payment.

CANCELLATION: If you cancel less than 5 days prior to the start of the retreat, the food portion of the registration fee (approximately 50%) cannot be refunded.

QUESTIONS: Call Kathey at 512-565-3774 or email Kathey at katheyferland4@gmail.com



New Year's 2017 Retreat Registration

Register Online at

When registering online, you have two options for payment: Paypal or mailing in your check to the address below (payable to "Mariposa Sangha").

OR

Register By Mail and Pay by Check: To register for the retreat by mail, mail this form and a check (payable to "Mariposa Sangha") to:

Connie Shortes
3412 Westside Cove
Austin, Texas 78731

Registration Fee:

Basic Rate: \$420

Supporting: \$25 above the Basic Rate of \$420, for a total of \$445. Your \$25 donation will be acknowledged with a letter for your tax records.

Partial Scholarship: Because we have a limited number of scholarships, contact kathyerland4@gmail.com prior to registering using this option. Scholarship rate is \$270.

RESIDENTIAL RETREAT REGISTRATION FORM:

Name: _____

Email: _____

Phone: _____

Address: _____

City/State/Zip: _____

Occupation: _____

Indicate if you need handicap-accessible bath and bedroom: _____

Gender: M F



Meditation Experience: None 2 years 5 years 10 plus years

Emergency Contact:

Name: _____ Phone: _____

Do you have any current significant mental or physical health concerns that the retreat manager or teacher should be aware of?

Do you plan on camping, weather permitting?

Food Allergies: (Circle all that apply.)

No gluten

No dairy

No soy



Map to Margaret Austin Center

