

**Sangha Weekend Retreat**  
**An Invitation to Sitting, Staying and Letting Go**  
**Dharma Centre, Kinmount ON**  
**September 23-26, 2010**

*"Let your Sangha be your teacher" - Ajahn Viradhammo*

The Buddhist Place is very fortunate to be able to host a weekend residential retreat at the Dharma Centre in Kinmount. Annually, the Buddhist Place hosts a weekend residential Sangha retreat in which we learn and practice together as a Sangha (community of practitioners) without a teacher. The retreat will be conducted primarily in silence with alternating periods of sitting and walking meditation. Within the schedule, there will be meditation instruction, Dharma reflections, some opportunity to share as well as practice mindful movement in the form of yoga and or Tai Chi, all led by members of our community. We will also have a group silent walk through the forest. All are invited to attend, participate and share in this retreat. For those new to meditation and the Buddhist path, there will be guidance and opportunity to ask questions in a supportive, compassionate environment.

This year's theme will be "*An Invitation to Sitting, Staying and Letting Go*". The retreat is also a celebration of the 10<sup>th</sup> anniversary of the Buddhist Place. The retreat will be held at the Dharma Centre of Canada, a beautiful rural Dharma practice setting that was established in 1965. You may visit [www.dharmacentre.org](http://www.dharmacentre.org).

The retreat will begin Thursday evening and end after the midday meal on Sunday. More details will be sent out following receipt of your application. However, registration tends to begin any time after 4:00 on Thursday evening with a light meal including hot soup provided prior to beginning the evening program. You may want to come early to have an opportunity to settle in and explore the property.

The [Dharma Centre](#) is situated on a 400 acre property located north-east of Toronto, near Kinmount. Founded in 1966, the Dharma Centre is one of the oldest meditation centers in North America. The Dharma Center offers single and shared accommodation in a beautiful setting of Ontario woodlands, streams and meadows. It is expected that all participants will have their own room. There is a main administration building which contains the kitchen and dining room that seats 28. On the property the centre's members constructed the Temple building, where most of the activities take place.

An application is attached in WORD. Please inform us if you have any difficulty opening it. Those interested should print out and complete the application and mail it in promptly with a cheque for deposit (paid to The Buddhist Place) to:

**Retreat – Jane Wilson, 700 Carmel Line, RR #2, Millbrook, ON L0A 1G0 – (705) 932-5545**

The intention is to make the teachings as accessible as possible. There is a spot on the application to indicate if the retreat fee would cause financial hardship and to specify how much you may be able to offer towards the retreat. If for some reason, you would only be able to attend a portion of the retreat, this may be possible. Please contact us with your particulars of your situation.

Confirmation of acceptance for retreat participation and details including directions will be sent out as soon as possible after the applications have been processed.

Each day, there will be a hearty though simple breakfast and mid-day meal with a light offering in the evening. Food will be vegetarian with dairy. We will try and provide foods that allow those with minimal food sensitivities to make choices and/or avoid certain dishes. Those meditators who require additional specialized food preparation, other than vegetarian, non-wheat or non-dairy special menu choices or find that the choices of food types prepared is not appropriate for their diet, are welcome to bring their own supplementary foods and will find storage and preparation space available in the Teahouse facility.

Inquiries may also be sent to [hodgwils@nexicom.net](mailto:hodgwils@nexicom.net)

With metta, The Buddhist Place