

A Summer Retreat in the North Woods

Sponsored by the Mindfulness Community of Milwaukee



Embracing the Brahmaviharas

The Four Abodes of Love

The dates of this retreat are from the evening of Sunday, August 5 (dinner will be served at 5 pm and retreat proper starts at 700 pm) through the afternoon of Friday, August 10, 2018(after lunch, 130 pm), at the Christine Center, Willard, Wisconsin. The members of the Mindfulness Community of Milwaukee are happy to provide this retreat. We are all practitioners in the tradition of the Vietnamese monk, Thich Nhat Hanh. The retreat will follow formats similar to ones that Thich Nhat Hanh has led previously. There will be time for meditation, dharma talks, discussion groups, as well as bodywork and outdoor walking.

The Christine Center is a beautiful spiritual retreat nestled in the north woods. For information, see their website (www.christinecenter.org). It is about two hours from Green Bay, three hours from Madison or Minneapolis, or four hours from Milwaukee. For directions, you may look at "Driving-to-the-Christine-Center" on our website (www.milwaukeeemindfulness.org) or the Christine Center's site.

The price for the retreat is \$265-\$435, depending on the accommodations and includes all meals. For more information or to register, please contact the Mindfulness Community of Milwaukee, 1922 East Park Pl., Milwaukee, WI 53211. For retreat information or questions, email retreatregistration@milwaukeeemindfulness.com

ACCOMODATIONS: (all including bedding and towels, except campers) 2 to 4 person occupancy (so perhaps consider roommates)

Modern Hermitage bath with shower, kitchenette, heat, AC \$435

Guest House/Shekinah rooms with private bath, skylight, mostly in the center \$405

Rustic Hermitage comfortable, heat, portable toilets (shower at modern facility on campus) \$345

Camping (with electricity) \$295

Camping \$265

Name _____

Address _____

Email _____

Type of Accommodation _____

Preferred Roommate(s) _____

Dietary Needs _____

You may pay half now to reserve a spot. Full payment expected by July 1.

Payment _____

Fund for scholarships _____

Total _____

Pay to : **Mindfulness Community of Milwaukee**; Mail to:

Retreat Registration

Mindfulness Community of Milwaukee

1922 E. Park Place

Milwaukee, Wisconsin 53211

Or you may also pay online (see our website www.Milwaukee mindfulness.com)