



Silent Meditation Retreat with Frank Ostaseski and Terry Iddins

September 20 – 26, 2017

St. Gertrude's Monastery, Cottonwood Idaho

\$450 - \$600 sliding scale (double occupancy)

\$570 - \$760 sliding scale (single occupancy)

plus Dana for the teachers

Our days will be spent primarily in **silence**. Insight Meditation is a simple technique that allows us to see through the mind's conditioning and free ourselves of habitual behaviors thereby allowing us to live more fully in this present moment.

Periods of silent sitting and walking meditation will be enhanced by mindful movement to help us connect body, mind and heart. The retreat will also include meditation instruction, teachings, small group interviews, inquiry exercises, and discussions. All participants will have the opportunity to meet with the teachers in small interview groups. At least one prior 3 day residential retreat is required to be eligible for this retreat.

Frank Ostaseski is a Buddhist teacher who leads retreats internationally. In 1987 he founded the *Zen Hospice Project*, the first Buddhist hospice in America. In 2004, he created the *Metta Institute* to seed the culture with innovative approaches to contemplative end of life care. In 2001, Frank was honored by H.H. the Dalai Lama for his years of compassionate service to the dying and their families. He is the guiding teacher for the *Sandpoint Sangha* and has taught at many leading buddhist centers including the *Spirit Rock Meditation Center*, the *Upaya Zen Center*, the *SF Zen Center*, and *Rigpa International Centers*.

Terry Iddins first received formal meditation instruction in 1970, and has studied and done retreats with Lama Drimed (Tibetan Buddhism), Fr. Pat Hawk Roshi (Christian contemplative and Zen traditions), and with Frank Ostaseski. He is a retired physician, and has been assisting Frank and Linda in guiding the Sandpoint Sangha for five years.

The retreat is sponsored by Sandpoint Sangha

Web: SandpointSangha.com

e-mail: SandpointSangha@yahoo.com

2017 SANDPONT SANGHA'S RESIDENTIAL RETREAT
with Frank Ostaseski and Terry Iddins

Location: St. Gertrudes Monastery, 465 Keuterville Road, Cottonwood, Idaho
Check-in: September 20 1:30 pm (please plan to arrive on time)
Check-out: September 26 1:00 pm (after lunch)

Fee:

Sliding Scale - Double occupancy \$450 to \$600. Single Occupancy \$570 to \$760.

The registration fee covers the facility rental, insurance, Frank's transportation costs, teachers room and meals and misc retreat organization cost. The "Sliding Scale" low number represents cost. Any amount above low number is a donation to the Sangha which will be used primarily for scholarships. A Charitable Donation receipt will be provided for the amount exceeding the cost.

In addition to the fee, participants contribute Dana to the teachers in recognition of their immeasurable commitment to the teachings and their students. Dana is a Buddhist term for freely offered generosity. On the last day of the retreat there will be a basket for checks and cash.

Information:

- A minimum of one prior 3 day residential retreat required for acceptance into this retreat.
- Priority will be given to those who regularly attend our weekly sittings in Sandpoint.
- A minimum \$150 is due with registration to reserve your place
- Registration deadline **July 31st**. Your registration must be in our PO box on or before this date.
- Full payment is due no later than September 6, 2017. Please contact the registrar if this is a problem.
- There are scholarships available. E-mail your request to the address below.
- Directions to the retreat center, what to bring and other retreat information will be sent by email about two weeks prior to the retreat.

For retreat questions and scholarship requests: SandpointSangha@yahoo.com

To explore the retreat location: www.stgertrudes.org

Keep upper portion for your records

RETREAT REGISTRATION SEPTEMBER 20 - 26, 2017

Name: _____ Phone # _____

Email: _____ City, State: _____ (not street)

Emergency Contact: Name _____ Phone # _____

Special Needs: _____

SELECT ACCOMMODATION:

Double Occupancy. Sliding Scale \$450 to \$600.

I need Single Occupancy for medical or personal reasons. Sliding Scale \$570 to \$760.

I prefer Single Occupancy, but I can share a room if needed. Sliding Scale \$570 to \$760.
Please pay for Single Occupancy. We will give a refund if you end up sharing a room.

SELECT MEAL INTENTION:

Following Buddha's example, we are asked to eat whatever is offered. If you have particular food requirements, you are welcome to provide your own supplements. So that the retreat manager can coordinate food and food preparation, please check one of the following two options:

Able to eat whatever is offered Will provide my food supplements

Mail with check to: **Sandpoint Sangha, PO Box 2371, Sandpoint, Id 83864**

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