



Silent Meditation Retreat “On Being”

with Frank Ostaseski,
Terry Iddins & Linda Ries

Weds. Oct. 31, - Tues. Nov. 6, 2018

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.

The retreat is sponsored by Sandpoint Sangha

Please register by mail or at regonline.com

Website: www.sandpointsangha.com,

e-mail: SandpointSangha@yahoo.com

2018 SILENT RETREAT, “ON BEING HUMAN”

with Frank Ostaseski, Terry Iddins and Linda Ries

St. Gertrudes Monastery, 465 Keuterville Road, Cottonwood, Idaho.
Weds., Oct. 31, 1:30 pm (please plan to arrive on time) - Tues. Nov. 6,
2018 1:00 pm (after lunch)

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.

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.

RETREAT REGISTRATION Oct. 31 – Nov. 6, 2018

Name: _____
Phone # _____ Email _____
City, _____ State: _____

Emergency Contact: Name _____

Their Phone # _____

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.

Mail with check payable to Sandpoint Sangha and mail to:

Sandpoint Sangha, PO Box 2371, Sandpoint, Id 83864

A minimum \$150.00 deposit is due with registration.

A minimum of one prior 3-day residential retreat is required for acceptance into this retreat.

Information:

- Priority will be given to those who regularly attend our weekly sittings in Sandpoint.
- A minimum \$150.00 is due with registration to reserve your place.
- Registration deadline is July 31. Your registration must be completed on line or in our PO Box on or before this date.
- Full payment is due no later than September 10, 2018. Please contact the registrar at: ljschaeffer02@gmail.com if this is a problem.
- Scholarships are available. E-mail your request to: SandpointSangha@yahoo.com
- Directions to the retreat center, what to bring and other retreat information will be sent by email about 2 weeks prior to the retreat.

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.

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. He is the author of *The Five Invitations*.

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.

Linda Ries is a RYT 500 yoga therapist and teacher with 20 years experience. She is also a certified iRest Yoga Nidra stress reduction instructor. Linda has been studying and practicing vipassana meditation since 2000. For the past four years, she has facilitated the weekly Sandpoint Sangha gatherings.