

# Mindfulness Meditation Intensive Retreat

November 8 - 14, 2010

with

**Shinzen Young**

Hosted by the

**Tucson Community Meditation Center**



**Shinzen Young** is a Westerner who has trained extensively in Asian monasteries. His deep understanding of Eastern philosophy and Western science gives him the ability to teach meditation using an approach that is accessible to the modern mind. He has been conducting retreats in Tucson since 1980.

[www.shinzen.org](http://www.shinzen.org)

**Location: C.O.D. Ranch** 37 miles North of Tucson in Oracle, AZ

## 7 Day Residential Retreat

*Prices include accommodations and vegetarian meals.*

**Double Occupancy.....\$770**  
**Triple Occupancy.....\$660**  
**Camping.....\$440**  
**Single Occupancy.....\$900**

*Double and Triple occupancy rooms are available on a first come, first served basis and will have preference over Single occupancy.*

A non-sectarian, non-denominational practice that develops concentration, insight and compassion. Mindfulness Meditation (Vipassana) increases one's moment-by-moment awareness of the ordinary mind-body processes. As this awareness is cultivated, blockages and limiting forces become conscious, are observed with detachment and are released. Everyone can develop skill in this simple technique, and it is a practice that can create profound changes in how we live. This retreat is suitable for those wishing an introduction to meditation, as well as for experienced meditators.

This retreat is for persons of all levels of meditation experience who are interested in deepening and intensifying their meditation practice. This is a silent retreat with sitting and walking meditation, as well as sessions of mindful movement, i.e. Yoga or Qi Gong. Instruction is through lecture, guided meditation, private and group interviews, and 'online meditation support'. Special instructions will be available for newcomers during the retreat.

**Contact: Debra Raeber at 520/609-1791**  
**or [debraraeber@yahoo.com](mailto:debraraeber@yahoo.com)**

**This retreat will be one session only.**

# Mindfulness Meditation Intensive Retreat with Shinzen Young *cont.*

## Retreat Specifics

The retreat is designed to be an intensive learning experience and may heighten emotions. Please keep this in mind if you have experienced emotional distress or are under psychiatric care. Participation in all activities is optional.

## Online Meditation Support

'Online Meditation Support' utilizes the teacher's time efficiently by providing personal and confidential guidance for 3 students at a time, each using a cordless telephone headset in a separate room, but linked to a teacher-controlled base station. Sessions are three times a day and usually scheduled at 7-8:30 am; 3-4:30 pm and 9-10:30 pm. An 'Online Host' offers their room to be used for 'On-Line Support' (See Registration Form). If your registration is received late and the only available rooms are online rooms, you will be contacted to see if you are willing to be in an 'Online Host' room or to be on a waiting list.

## Meals

Meals are vegetarian, with brown rice at every meal, and all dairy products served on the side. If you have any special dietary needs, please inform the registrar and indicate needs on the form below at least 2 weeks prior to the retreat and we will let you know if your requests can be accommodated.

## Communication

If you have any questions, you can contact the Retreat Registrar, **Debra Raeber**, by telephone at **520/609-1791** or **debraraeber@yahoo.com**

## Noble Silence

As with previous retreats, silence will be observed throughout the retreat buildings, including meals (except for Q & A sessions).

## Arrival

Registration is from 8:00 am to 9:30 am on Monday, November 8<sup>th</sup>. Breakfast is NOT provided. Please plan to arrive in time to register, and settle in before the orientation begins. If you are unable to arrive in time, please let us know in advance. Newcomers **MUST** arrive in time to attend the Orientation and First Timer's Instruction which begins at 10:00 a.m.

## Departure

**The retreat ends** Sunday, November 14<sup>th</sup> at 12:30 followed by a light lunch.

## Lodging the night before the retreat starts

C.O.D. Ranch is offering lodging at \$75 per person for Sunday night, November 7<sup>th</sup>. No meals will be served until lunch on Nov 8<sup>th</sup>.

Please make arrangements with the registrar, Debra Raeber.

## Location

The retreat will be held at COD Ranch, located in Oracle, AZ, 37 miles North of Tucson. The elevation is approximately 5,000 feet. Checkout their website at [www.codranch.com](http://www.codranch.com). For those flying into Tucson, it is approximately 1 ½ hrs from the airport.

## *Service Dana:*

**In the spirit of the Vipassana Tradition, some tasks, necessary to the smooth running of the retreat, will be shared by participants.**

### *BEFORE & AFTER RETREAT*

- Transportation Coordinator (*coordinate carpools*)
- 2 bouquets of flowers
- Greeters (*assist Registrar*)
- Set-up Coordinator (*organizing transfer & set-up*)
- 2 days prior to retreat**
- Load & transport supplies (*assist Set-up Coordinator*)
- Help set up (assist Set-up Coordinator)

### DURING RETREAT

- Zendo Manager  morn.  aft./evening  
(daily overseer of delegated duties)
- Mindful Movement Leader  morn.  aft.  
(daily yoga, qigong)
- Coordinate bell ringing (lead orientation & fill in)
  - Bell ringing  Wake-up bell
- Coordinate sit leaders (lead orientation & fill in)

# Mindfulness Meditation Intensive Retreat with Shinzen Young *cont.*

## Accommodations

Double and Triple occupancy rooms are available on a first come, first served basis and will have preference over Single occupancy. Camping spaces will become available once minimal registration requirements meet basic expenses.

We will do our best to give you your preference in rooms. However in order to accommodate everyone who wishes to participate, we ask participants to accept whatever accommodations are assigned and practice with whatever situations they find themselves in.

## Teacher Dana

Retreat fee covers expenses only. Teachers freely give the teaching without charge; consequently, it is traditional for students to support the teachers with a donation or dana. Any amount is acceptable and giving dana is voluntary and anonymous.

## Scholarship Fund

Expenses for retreats are increasing, while personal incomes often are not. This means that more people who want to, or need to attend a retreat cannot afford the cost. If you wish to contribute to help someone attend the retreat, please indicate on the registration form, add the amount to your total and these funds will be set aside just for student assistance.

If you wish to apply for a scholarship, please call to receive the TCMC Scholarship application, which offers alternate payment options and is determined on financial need and on the number of requests per retreat and donated funds.

## How to Register

To register, please detach the form on the bottom of the page, complete both sides and mail it along with your payment (payable to TCMC) to the Retreat Registrar:

**Debra Raeber**  
**2525 E. Camino Miraval**  
**Tucson, AZ 85718**

## Deadline/Cancellation Policy

Full Payment with registration is due by October 8<sup>th</sup>, 2010. If you have to cancel before Oct. 8<sup>th</sup>, we will refund the amount minus the \$150.00 cancellation fee. After Oct. 8<sup>th</sup> no refunds will be offered due to the need for retreat planning, organization, and space requirements. In the event of special circumstances, each case will be considered individually following the retreat.

## Confirmation

After full payment has been received, a confirmation of attendance with additional info, i.e. driving directions, airport shuttle info, what to bring, etc. will be sent by: **October 20<sup>th</sup>**.

## VSI Database

If you are interested in receiving information regarding Shinzen Young events, please indicate on the registration form below and your contact information will be forwarded to the Vipassana Support Institute. Your information will not be sent to VSI if you choose not to participate. By registering for this retreat your information is automatically entered into the TCMC database and will not be used for solicitation of product or services.



## Registration Form November 8 - 14, 2009 Vipassana Retreat

Name: \_\_\_\_\_  Female  Male  VSI database (see above)

Address/City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### 7 Days

Double....\$770     Triple.....\$660  
 Single.....\$900     Camping . \$440  
Amount due.....\$ \_\_\_\_\_  
Minimum deposit.....\$ **150**\_\_\_\_\_  
Optional scholarship donation.....\$ \_\_\_\_\_  
Amount (payable to TCMC) Enclosed.....\$ \_\_\_\_\_  
Balance due Oct 9<sup>th</sup> .....\$ \_\_\_\_\_

Is this your first retreat with Shinzen?  Yes  No  
Have you attended a retreat before?  Yes  No  
 can offer ride     need ride ***Carpooling is strongly urged!***  
 need sitting cushions.     need a chair.  
 C.O.D. Ranch Lodging for Nov 7th (See Lodging)  
 willing to be an Online Host (see Online Meditation Support)  
Preferred roommates: \_\_\_\_\_  
Special Dietary Needs: \_\_\_\_\_

Complete both sides & mail along with payment (payable to TCMC) to: Debra Raeber, 2525 E. Camino Miraval, Tucson, AZ 85718