

**MINDFULNESS
COMMUNITY OF
PUGET SOUND
WINTER RETREAT
with Eileen Kiera**



January 15-22, 2010

**at Camp Indianola
on the beautiful shore of
Puget Sound, Kitsap Peninsula,
Washington State
(one hour from Seattle)**

On this mindfulness retreat, we take up the **Diamond Sutra** to examine the views and concepts we hold about ourselves and reality. We practice to become free of limiting ideas and to experience the spaciousness of each moment.

On our retreat, we enjoy sitting, walking and eating in mindfulness along with daily Dharma talks, teacher/student interviews, Dharma study and walking meditation on the beach and in the woods. The retreat will be held mostly in Noble Silence to support our practice.

Our Teacher

Eileen Kiera has practiced Zen Meditation for over 30 years, and studied with Robert Aitken Roshi and Thich Nhat Hanh for over 25 years. She was given Dharma transmission by Thich Nhat Hanh in 1990. Her dharma name is "True Lamp". Eileen is the guiding teacher for Mindfulness Community of Puget Sound and other mindfulness sanghas in the Pacific Northwest. She is a co-founder of Mountain Lamp Community.

FULL RETREAT: FRI JAN 15@ 6 PM
THRU FRI JAN 22@ 12 NOON

THREE DAY OPTION: FRI JAN 15@ 6PM
THRU MON JAN 18@ 2PM

Mindfulness Community of Puget Sound
1910 24th Avenue South
Seattle, WA 98144

Address service requested

WINTER RETREAT WITH EILEEN KIERA

Retreat Dates and Times:

6:00 P.M. on Friday, January 15 thru
12:00 Noon on Friday, January 22.
(3-Day Retreat ends Monday at 2:00 p.m.)

**Discount Rate for MCPS Regular
Members, Friends of Mountain Lamp,
Mexicans and Canadians:**

\$390 Full Retreat
\$200 3-Day Retreat (Fri-Mon)

All others:

\$440 Full Retreat
\$240 3-Day Retreat (Fri-Mon)

- ❖ \$40 off for Full Retreat if Registration received by Dec 8th.
- ❖ \$20 off for 3-Day Retreat if Registration received by Dec. 8th.
- ❖ Must pay in full with Registration or discounts are forfeited.
- ❖ Retreat fees are in US Dollars and do not include dana for our Teacher.
- ❖ Registration Form and Fees must be received by Jan 8, 2009
- ❖ Full refund if canceled by Dec 21; No refunds after Dec 21.
- ❖ Children's Program Ages 6-15 Available For 3 - Day Retreat: Contact Ellie at 206-721-0141

**Mail Registration Form and Check to:
MCPS c/o D.Reagan, 2612 28th AveW,
Seattle, WA 98199**

You will receive confirmation, driving directions and more detailed information regarding the retreat upon receipt of your registration. For questions please contact: Doria (206) 216-0625
or email: rreagan2612@comcast.net
or Sue at (206) 767-4589
or email: susanperkins@msn.com

First Name: _____
Last Name: _____
Phone: _____
Male or Female: _____
E-mail: _____
Traveling with: _____
Address: _____
City _____, State _____
Postal Code _____, Country _____
Emergency Contact: _____
© Emergency Phone No: _____

Enclosed is a check to MCPS for Full Payment:**

	Discount /	Non-Member
<input type="checkbox"/> 7-Day by Dec 8:	\$350 /	\$400
<input type="checkbox"/> 7-Day by Jan 8:	\$390 /	\$440
<input type="checkbox"/> 3-Day by Dec 8:	\$180 /	\$220
<input type="checkbox"/> 3-Day by Jan 8:	\$200 /	\$240

**** Payment plans or limited partial scholarships:** Please submit an email letter requesting scholarship/payment plan along with your Registration Form by December 15.

No registrations accepted after Jan 8.

1. We will provide a healthy, balanced vegetarian menu with wheat-, gluten- and dairy-free options at each meal. *Other special diets cannot be accommodated.*
 I would like a gluten-free diet
 I would like a dairy-free diet

2. Do you have any physical/mental conditions that may limit your full participation in a retreat? No Yes
Please describe needed accommodation:

3. Have you attended previous retreats? If so in what tradition?

4. Do you snore loudly enough to disturb others in the same room?
No Yes

5. **Car pools:** (Check those which apply)
 I would like a ride if possible
 I can give a ride and accommodate (#)_____ others to the Retreat from the Retreat.
NOTE: MCPS cannot guarantee transportation.

6. **I want to help with:**
 Shopping for food, flowers and/or supplies
 Kitchen set-up or Zendo set-up (plan to arrive by 3:30 p.m. on Friday 1/15)
 Transport of supplies from Seattle to the retreat (plan to arrive at Camp Indianola by 3:30 p.m. on Friday 15th)
 Transporting supplies back to Seattle on Friday January 22