



# Awakening Joy Workshop

with

## James Baraz

Saturday, March 6, 2010

9 a.m.-5 p.m. (registration begins at 8:30 am)

Lussier Family Heritage Center, Madison, WI

Sponsored by Madison Vipassana, Inc.

We are pleased to announce that Spirit Rock teacher James Baraz will return to Madison the weekend of March 6 to lead a one-day workshop in coordination with the release of his new book, *Awakening Joy*. The workshop will be suitable for meditators and non-meditators alike, so invite your family and friends to come share in these events. To learn more about James Baraz or to read articles by him, go to <http://www.awakeningjoy.info/teacher.html>, and click on "about the teacher." Copies of his book will be available for purchase and signing.

This workshop will point us to the importance of joy as a central aspect of spiritual practice. You will learn how to remember what is required to stay connected to that place inside that makes life worth living. Our own cultivation of well-being and joy can become our gift to a troubled world. In this workshop, James will introduce practical tools to incline the mind toward joy, gratitude, appreciation, and other wholesome states through silent meditation as well as interactive experiential processes.

**Cost:** \$40, which covers a catered vegetarian lunch, tea throughout the day, rental for the facility, and other retreat expenses. In keeping with Theravada Buddhist tradition, the teachings are offered for free; however, a donation (*dana*) to the teacher is encouraged.  
**Financial assistance:** Financial assistance is available through the retreat scholarship program. Contact Julie at [juliemeyer@tds.net](mailto:juliemeyer@tds.net) or 231-1558. to discuss what may be available.

**Special needs:** If you have special needs regarding food, accommodations, or mobility, contact Julie at [juliemeyer@tds.net](mailto:juliemeyer@tds.net) To request or to offer a ride to the workshop contact Beth at [bracette@gmail.com](mailto:bracette@gmail.com) or 608-239-9790.

**Families/children:** To inquire about options for families and retreatants with children, contact Cindy at 608-220-4015. Childcare will not be provided.

**Registration:** By mail only. Confirmation will be provided by email or U.S. mail with additional information on the facility, driving directions, and recommendations on what to bring. For registrations, questions contact Lori at 608-238-1234 [loricres@charter.net](mailto:loricres@charter.net)

**Deadlines, cancellation, and refund policy:**  
Registrations will be on a first-received basis. To be certain you get a spot, please register early. After the retreat is fully registered, you may ask to be placed on a waiting list. Those on the waiting list who do not get a spot will receive a full refund. All cancellations are subject to a nonrefundable \$15 fee. Cancellations on or before February 20 will be refunded the retreat fee, less \$15. Cancellations after February 20 will be refunded the fee, less \$15, only if the spot can be filled from the waiting list.  
**To register** send \$40 to **Madison Vipassana, Inc.**, along with the registration form below. Full payment is requested at the time of registration.

Mail registration to:  
**Madison, Vipassana, Inc.**  
c/o Lori Creswell  
5753 Forsythia Place.  
Madison, WI 53705

**REGISTRATION FORM: James Baraz Workshop, Lussier Family Heritage Center, Madison, WI**  
**Makes checks payable to: Madison Vipassana, Inc.**

Circle your gender: M F Amount enclosed: \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: Day \_\_\_\_\_ Eve \_\_\_\_\_

Email \_\_\_\_\_ I enclose an additional \$\_\_\_\_\_ to be used for scholarships.