



The Balance Point; Being Peace

A residential meditation retreat
with Janice Sheppard and Steven Spiro
hosted by Smiling Dandelion Sangha

June 8- 10, 2018

Horizon Village: Oshkosh, WI

How do we connect with the peace and ease that is present in every moment? By slowing down, opening up, softening resistance, and being willing to be right here, right now. Our practice of mindfulness and meditation helps us to notice and transform the many habitual patterns which keep us off balance. In this retreat, we'll explore these tendencies without following or reacting to them, so we can 'take our seat' in the present moment. We can be free from swinging between the extremes of exhilaration and depression, fear and bravado, anger and passivity, to experience the balanced, middle way of peace.

Overview

This meditation retreat is suitable for both new and experienced practitioners, and, in keeping with ancient traditions, this retreat will be held in Noble Silence. The retreat will include sitting and walking meditation, Dharma talks, teacher interviews, group discussion, guided Qigong practices, and mindful eating.

Teachers



Janice Cittasubha Sheppard is a Lay Buddhist Minister in the Theravada Thai Forest Lineage, and a Community Dharma Leader. She was trained at Abhayagiri Buddhist Monastery and Spirit Rock Meditation Center. She has taught meditation since 2002. She leads a weekly meditation group, teaches introductory meditation classes and a year-long program on Theravada Buddhism, leads meditation retreats, and teaches mindfulness in Wisconsin prisons.



Steven Spiro is a chaplain in the Zen Peacemaker Order, teacher and creator of Breathing Earth Qigong, and a core member of SnowFlower Sangha in Madison. He offers spiritual support for the dying and their loved ones and teaches mindfulness meditation in Wisconsin Prisons. He is a wood sculptor, Reiki master, grandfather, organic gardener, and dog lover.

Lodging and Meals- Each room is a single within a 4 room dormitory suite. Towels, bed linens, pillow and a light bed spread are provided. Meals include 2 dinners, 2 lunches and 2 breakfasts. All meals are vegetarian. Water, coffee and tea will be available at meals as well as throughout the day. Bringing your own water bottle and/or mug will decrease the amount of waste created.

Location

Horizon Village

UW - Oshkosh Campus

700 Elmwood Ave.

Oshkosh, WI 54902

This lovely new LEED-certified building provides a quiet, calming, natural light filled space for lodging, meals and meditation practice.



Retreat Fee (2 options):

\$220 Meals & lodging OR \$140 Meals only (for those sleeping elsewhere)

All cancellations are subject to a non-refundable \$25 fee; no refunds after June 1st.

Questions? Contact: Jeanna Owens smildandsangha@gmail.com

DANA (Sanskrit) means generosity. The term also refers to the ancient tradition of offering donations of service or money in support of the teaching of Buddhadharma. Considered priceless, these teachings have been freely given since the time of the Buddha. The retreat fee covers only the costs of using the Horizon Village facility and the meals - none of the retreat fee goes to the teachers. Their ability to continue offering these retreats depends solely on donations from retreat participants. There will be an opportunity to offer dana at the retreat.

Mail check (payable to FVUUF)
and registration form to:

Smiling Dandelion Retreat

c/o Doug Dorn

1135 Haen Dr.

Kaukauna, WI 54130

Arrival and Departure

(detailed schedule will be available at check-in)

Friday, June 8

5pm Check-in

6pm Supper

7pm Retreat begins

Sunday, June 10

2pm Departure

Registration deadline is **May 26**. Unfortunately, we are **NOT** able to accept credit card payments. You will receive an email confirmation when your registration and check have been received. For those needing financial assistance, we will contact you to make arrangements.

Name

Address

Phone _____

Email (please print clearly)

Check one option _____ \$220 Lodging & Meals _____ \$140 Meals only (for those sleeping elsewhere)

Check one or both: _____ I will be bringing my own meditation cushion/bench _____ I would like to use a chair

Lodging Preference

Although the bedrooms at Horizon Village are single, each room is part of a 4 bedroom suite that also includes 2 toilet rooms, 1 shower room and a common area. In general, we try to arrange female only or male only suites however this may not always be possible. In order to best serve your needs please indicate your preference.

_____ Female only suite _____ Male only suite _____ no preference

Do you have any special needs or dietary restrictions? (We will let you know if we are able to accommodate.)

Emergency Contact: _____

phone: _____

Enclosed is an additional \$ _____ toward a scholarship fund to help those needing financial assistance.

Total Amount enclosed \$ _____ (make check payable to FVUUF)

I am in need of financial assistance as I am unable to meet the full retreat fee.