

A FOUR-DAY MEDITATION RETREAT CO-SPONSORED BY



NORTH SUBURBAN MEDITATION COMMUNITY



CHICAGO WEEKLY SITTING MEDITATION GROUP

mindfulness

CONCENTRATION & insight meditation

AS A SPIRITUAL PATH

Thursday, April 12, 2:30PM to Sunday, April 15, 2:30PM

Co-sponsored by the North Suburban Meditation Community and the Chicago Weekly Sitting Meditation Group.

Neuroscience, carefully controlled studies, spiritual traditions, and most importantly, our own personal experiences all confirm the remarkable benefits of meditation. Through meditation, we come to better understand ourselves from the inside-out. We do so through attending to our moment-to-moment experiences, over time developing wisdom, stability, and compassion. Please join us to bring these profound meditative techniques to bear on your present moment experiences, and your own path of awakening. This meditation retreat is suitable for both new and experienced practitioners, and, in keeping with tradition, 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.

Fees cover dinner on Thursday, breakfast, lunch and dinner on Friday and Saturday and breakfast and lunch on Sunday, lodging, shared baths, towels and the meeting rooms. If you have dietary restrictions, please make those known on your registration. (See side 2 for registration fees.)

Please note: Lunch and dinner will be vegetarian. Breakfast is served with meat options to accommodate other retreat groups as policy dictates at Techny. You may choose vegetarian or vegan breakfast according to your own value system.

Fees cover retreat costs but do NOT include compensation for the teachers.

Following an ancient tradition, Steven and Jan offer these teachings freely and will gratefully accept *dana*, or a free-will offering, at the end of the retreat if you are able and if you find the teachings helpful.

Date, Time and Location: Thursday, April 12, 2:30PM to Sunday, April 15, 2:30PM. All sessions held at Techny Towers Conference and Retreat Center, 2001 Waukegan Road, Techny, IL 60082 (847-272-1100). Please plan to arrive in time to begin the opening session at 4PM.

Parking: Techny Towers has a parking lot that will accommodate residential and commuting participants at no cost.

If you are accustomed to sitting on a cushion, please bring that. Chairs will be provided for those who prefer a chair.

A Four-Day Meditation Retreat

April 12, 2:30PM to
April 15, 2:30PM, 2018

Techny Towers Conference and Retreat Center 2001
Waukegan Road, Techny, IL 60082

With Steven Spiro and Janice Cittasubha Sheppard



Steven Spiro is an ordained Buddhist Chaplain in the *American Zen Peacemaker Order* with a concentration in Being With Dying. He's been a Qigong teacher for twenty years, and is the originator of *Breathing Earth Qigong*, which he's offered in a variety of retreat settings. He's an artist, a grandfather, and a core member of *SnowFlower*, a Thich Nhat Hanh sangha in Madison, Wisconsin.



Janice Cittasubha Sheppard has been practicing meditation since 1995 and teaching meditation since 2002. She received training through Spirit Rock Meditation Center's Community Dharma Leader program and from the abbots of Abhayagiri Buddhist

Monastery as a Lay Buddhist Minister in the Theravada Thai Forest lineage. She teaches introductory and continuing classes on meditation and leads a weekly meditation group for the Madison Insight Meditation Group. She leads Buddhist practice groups in Wisconsin prisons, and offers a year-long intensive program, Form and Freedom in Theravada Buddhism for individuals seeking deeper understanding of the Buddha's discourses and meditation practice.

For more information feel free to contact **Mark Zerkowitz**, Organizer, North Suburban Meditation Community (mznzdragon@gmail.com or 847-927-9427) or **Steve Starr**, Organizer, Chicago Weekly Sitting Meditation Group (stephenbstarr@gmail.com or 847-644-2389.)

A limited number of scholarships are available. If you are interested in obtaining one or contributing toward additional scholarships, **please contact Mark or Steve.**

Registration Form

To register, please complete the form below and include your payment by check or money order. Checks should be **made payable to Mark Zerkowitz** and mailed to:

Mark Zerkowitz, 744 Gloster Court, Gurnee, IL 60031

NAME(S) ADDRESS

CITY

STATE

ZIP CODE

EMAIL ADDRESS

PHONE

Enclosed is my registration fee for:

| | |
|--|--------------|
| <input type="checkbox"/> Single-occupancy room (private bath) | \$425 |
| <input type="checkbox"/> Double-occupancy Room (semi-private bath) | \$370 |
| <input type="checkbox"/> Triple-occupancy Room (semi-private bath) | \$350 |
| <input type="checkbox"/> Commuter (meals/retreat only) | \$215 |

Rooms will be sold on a first come first served basis. Registrants will be notified of other housing options if rooms sell out. Early registration is encouraged.

NAME OF REQUESTED ROOMMATE

I have dietary restrictions as follows (WE WILL DO OUR BEST TO ACCOMODATE SPECIAL DIETS.):

DIETARY RESTRICTIONS

May we use your email address to contact you regarding future retreat opportunities? Yes No

An Important Note About the Price: The prices cited above cover only the expenses of putting on this retreat and do NOT provide compensation for the teacher. Following the ancient tradition of Mindfulness teachers, Steve and Jan will gratefully accept *dana* (the Sanskrit word for generosity) as a free-will offering from those who attend the retreat. Please do not add dana to the registration fees but, rather, consider offering dana at the end of the retreat if you find the teachings helpful and if you are able.

Deadlines and Cancellation Policy: Because of our obligation to pay rent to Techny Towers Conference and Retreat Center, we must have the following policies regarding registration deadlines and cancellations.

1. For planning purposes, it would be helpful for us if you register by March 31, 2018.
2. You can still attend if you register by April 10 if rooms are available, but there is no guarantee.
3. Full refunds will be given for cancellations received via telephone, e-mail or US Postal Service by March 31, 2018. Between March 31 and April 10, half the registration fee will be refunded. No refunds will be issued after April 10. For questions about registration, contact Mark Zerkowitz at mark@american-credit.com or 847-927-9427 or Stephen Starr at stephenbstarr@gmail.com or 847-644-2389.

Directions: Techny Towers Conference and Retreat Center, 2001 Waukegan Road, Techny, IL 60082 can be reached by car via the Willow Road exit off the Edens Expressway. Exit Willow Road West, drive to Waukegan Road (Hwy. 43) and turn north (right). Techny Towers is directly north of Willow and Waukegan on the east side of Waukegan Road.

Parking is free and available!

Opening session begins at 4PM on April 12.

Please join our sangha as we journey through the varied landscapes of body, heart, and mind.