



Meditation Retreat with DaRa Williams

May 11–12, 2018

Friday 9:00 a.m.–8:30 p.m. (check-in 8:00–9:00 a.m.)

Saturday 9:00 a.m.–7:00 p.m.

Holy Wisdom Monastery, Middleton, WI

Sponsored by [Madison Vipassana, Inc.](#)

DaRa Williams is a meditation teacher, trainer, and psychotherapist who has practiced Vipassana meditation for 25 years. She completed the Spirit Rock/Insight Meditation Society (IMS) teacher training program in 2016 and serves as a guiding teacher at IMS. She also served as a guiding teacher in the Spirit Rock Compassionate Companions Program.

This retreat will be suitable for both beginning and experienced meditators. Sitting meditation periods will alternate with periods of walking meditation throughout each day. We will observe noble silence except during instructions, question-and-answer sessions, interviews, and Dhamma talks.

Cost

With this retreat, we're trying out a sliding-scale approach to registration fees. The sliding scale will go from 50% to 150% of actual costs, and within this range you're invited to offer the amount that best suits your circumstances.

Registration preference	Actual cost	Sliding scale
Nonresidential	\$130	\$65 – \$195
Residential – double room	\$175	\$110 – \$240
Residential – single room	\$200	\$135 – \$265

Please pay at the highest level of the sliding scale you can afford. This gives an opportunity to attend to others who need to pay less. If the lower end of the range exceeds what you can afford, financial assistance is available through our scholarship program. If the lower end of the range exceeds what you can afford, financial assistance is available through our [scholarship program](#). Registration fees cover teacher transportation, room (for residential retreatants), simple vegetarian meals, and other retreat expenses. In keeping with Theravada Buddhist tradition, there is no charge for the teachings; however, a donation (*dāna*) to the teacher is encouraged.

Financial assistance

Financial assistance is available through our retreat scholarship program. Individuals may receive scholarships multiple times. Please ask if you need assistance. Contact Ann at registrar.madvip@yahoo.com or (608) 843-7531 to discuss how we can help.

Special needs

To inquire about special situations, contact Ann at registrar.madvip@yahoo.com or (608) 843-7531. Please note that we are unable to accommodate special dietary needs.

Ride sharing

To request or offer rides to and from Holy Wisdom, contact Ann at registrar.madvip@yahoo.com or (608) 843-7531.

Registration

Early registration is encouraged. Registration is on a space-available basis and must include the registration form on the next two pages and a check to reserve your spot. Confirmation will be by email and will provide information on the facility, driving directions, and recommendations on what to bring. If the retreat is full, you will be placed on a waiting list. Those on the waiting list who do not get a spot will receive a full refund. For questions, contact Ann at registrar.madvip@yahoo.com or (608) 843-7531.

Young adults and people of color

We will hold a number of spaces open until the last week in April to facilitate attendance by young adults (18–26) and those identifying as people of color. We encourage young adults and people of color to register any time up until the end of April; a spot may be available even if our website says the retreat is full. To help us allocate these spots, please indicate your interest on the registration form.

Cancellation and refund policy

All cancellations are subject to a nonrefundable \$50 fee. Cancellations received on or before April 12 will be refunded the retreat fee less \$50. Refunds, less \$50, will be given to those canceling after April 12 only if there is another person wanting to register for the retreat.

Additional housing

Holy Wisdom has a special arrangement with local hotels; please call them directly at (608) 836-1631 for details. Campsites can be reserved at [Mendota Park](#) (5133 County Hwy M, Middleton, WI 53562).

To register

Send the registration form with a check for the full amount (payable to Madison Vipassana, Inc.) to:

Madison Vipassana, Inc. c/o Ann Varda
1724 Hoyt St.
Madison, WI 53726

Madison Vipassana, Inc.
Meditation Retreat with DaRa Williams

May 11–12, 2018

Holy Wisdom Monastery, Middleton, WI

— Registration Form ❖ Please Print Clearly —

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Gender (optional) _____

If you're interested in using one of the spaces held in reserve after the retreat has filled, please indicate if you are . . .

- A young adult (18–26) A person of color

Registration preference . . .

- Nonresidential Residential

The number of rooms is limited. Please indicate your preference if we're not able to place you in a room:

- Register me as a nonresidential retreatant Place me on a waiting list for a room

Rooms . . .

If you're applying as a residential retreatant, indicate whether you wish to register for a double or a single room:

- Double room Single room

Room assignments are made by the retreat manager before the retreat begins. In assigning single rooms, we give priority to those whose health, mobility, or other special circumstances would make it difficult to share a room.

Please indicate your preference if we're not able to accommodate your request for a single room:

- Put me in a double room Put me on a waiting list for a single room

Sliding-scale fees . . .

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Please pay at the highest level of the sliding scale you can afford. This gives an opportunity to attend to others who need to pay less. If the lower end of the range exceeds what you can afford, financial assistance is available through our scholarship program. **Fee amount enclosed:** _____

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Special circumstances or requests . . .

Residential retreatants:

If you snore, use a CPAP machine, or have other nighttime needs or patterns that could be disruptive to the sleep of a fellow yogi, please register for a single room rather than a double. If the increased cost presents a problem, scholarships are available.

All retreatants:

- I would like to use an assistive listening device. (If you have questions about our assistive listening devices, please contact Scott Knickelbine at scottknickelbine@gmail.com.)

If you have any other special needs, requests, or information to share with us, please explain below or contact the registrar, Ann Varda, at registrar.madvip@yahoo.com or 608-843-7531. _____

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Sitting preferences . . .

To help us set up the meditation hall, please indicate whether you prefer to sit primarily on the floor or in a chair. We will have extra chairs, but not enough to reserve both a chair and a place on the floor.

 Chair Floor

We will have just a few extra meditation cushions available to borrow during the retreat, so please bring your own cushion or bench if you have one.

A few last details . . . This is my first Vipassana retreat. I can help clean up after the retreat. I need a ride from _____ . I can give a ride to ___ passengers from _____. I enclose an additional \$ _____ to be used for scholarships for future retreats.**Send your completed registration form with a check for the full amount to:**

Madison Vipassana, Inc., c/o Ann Varda
1724 Hoyt St.
Madison, WI 53726

Checks payable to Madison Vipassana, Inc.

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