



Waterloo Riverview Dharma Centre

# WEEKEND RETREAT

**A 3-Day Residential Retreat**

**November 14-17, 2019**

**Mount Mary Retreat Centre**

**Ancaster, ON**

Retreat is an integral part of Buddhist meditation practice, providing the conditions for deepening one's practice and understanding. In this 3-day retreat, we will cultivate an inner stillness and relaxed awareness of the mind/body process, and the qualities of mind and heart that enable us to be present, and at ease, with life as it unfolds in each moment of our experience.

The retreat will be held in noble silence. The daily format will include sitting and walking meditation, gentle movement and awareness exercises, nature meditation, and evening Dharma talks. Instruction and guidance with your personal practice will be available. This retreat is suitable for both beginning and experienced meditators.

The retreat will be held from the evening of Thursday, Nov. 14 until midday on Sunday, Nov. 17 at Mount Mary Retreat Centre in Ancaster, ON (one hour from Waterloo). All meals will be vegetarian. All rooms are single occupancy, and have sinks.

Registration is limited to 25 people. The cost is \$400 for a single. A deposit of \$200 is required at the time of registration, and is non refundable. The balance of the retreat fee is due Oct. 14, 2019, and is non refundable after Oct. 14, 2019.

## **Teacher**

Susan Child began practicing meditation, and engaging in spiritual inquiry in the 1970s. Since 1991, she has been involved extensively in Buddhist study and practice in Europe, Asia and North America, with respected meditation teachers, primarily in the Theravadan and Tibetan traditions of Buddhism. She has completed a 3-year Buddhist teacher training program with Ken McLeod. She has professional training in Mindfulness-Based Stress Reduction with Jon Kabat-Zinn, and has studied Buddhist psychology and Buddhist ministry. Susan is the founder of the Waterloo Riverview Dharma Centre (1999) — a non-sectarian centre for meditative practice in the Buddhist tradition — where she is the spiritual coordinator, and teaches meditation.

For information, call the Dharma Centre at 519 880 1299 or email [info@wrddharmacentre.com](mailto:info@wrddharmacentre.com)

\*Bursary support available to paid members of the Waterloo Riverview Dharma Centre.