



5 DAY MEDITATION RETREAT WITH AJAHN SONA

Galilee Centre, Arnprior, Ontario
October 25th to October 30th, 2009

RETREAT REGISTRATION INFORMATION

About Ajahn Sona

Born in Canada, Venerable Sona's background as a layperson is in classical guitar performance. His encounter with Buddhist wisdom as a young man initiated a spiritual journey that led him to become a lay hermit for several years. He subsequently ordained as a Theravada monk under Ven. Gunaratana, Bhavana in West Virginia, where his first years of training took place. Venerable Sona further trained for over three years at monasteries following Ajahn Chah in northeast Thailand, especially Wat Pah Nanachat. Upon his return to Canada in 1994 he helped found Birken Forest Monastery near Pemberton, BC. As its spiritual guide, Ajahn ("teacher") Sona has led the monastery through each stage of its growth. He established Birken (or, Sītavana, 'cool forest') in its final location south of Kamloops BC in 2001.

Ven. Sona has led many meditation retreats in Canada and abroad. His teachings combine Buddhist wisdom with commonsense.

The Retreat Site

The Galilee Centre (www.galileecentre.com) is located about 40 minutes west of Ottawa. It is a spacious building, surrounded by large lawns and trees, and features a scenic waterfront and walking trails. The accommodations are fully furnished single rooms with sinks. Beds, bedding, and towels are provided. The chef serves vegetarian and vegan dishes, using mainly natural ingredients.

Registration Information

WHEN: Sunday, October 25th to Friday, October 30th, 2009.

ARRIVAL TIME: Sunday, October 25th, 10am.

WHERE: Galilee Centre. From Ottawa, take Hwy 417 West to Arnprior. Take the first Arnprior exit: "Arnprior/Carleton Place Hwy 29". At the Stop sign turn right on Hwy 29 to the end of the road. Turn left on Madawaska Blvd. Turn right at the third set of traffic lights onto John Street which ends at the Galilee Centre, 398 John St. North, just after Arnprior Hospital. **Galilee Centre Telephone: (613) 623-4242.**

COST: \$435 (CDN). Please note that the retreat fee pays for rental of the retreat site, a single room, and two meals per day. This does not include the cost of the teacher's room & board or the donations to the teacher. **The final deadline for receipt of payment and registration forms is October 16th, 2009. Please make cheques payable to the Ottawa Buddhist Society.**

CANCELLATION: Full refund if you cancel prior to October 16th. No refund will be made if you cancel on or after October 16th, unless someone from the waiting list takes your place, in which case \$25 will be retained.

REGISTRATION PRIORITY: Members of the Ottawa Buddhist Society (OBS) who have paid their 2009 membership fees will be given registration priority until September 18st, after which time registration will be open to all, on a first come, first serve basis.

WHAT TO BRING: Alarm clock, water bottle, toiletries, enough clothes for the duration of the retreat, warm clothes and walking shoes/boots for outside, slippers, meditation cushion and mat to put your cushion on. Please ensure you keep any valuables in a secure place.

VOLUNTEERING: Retreat organization is done on a voluntary basis. You are invited to sign up to help with various light tasks (e.g. bell-ringing) during the retreat.

CODE OF CONDUCT: Retreatants are asked to undertake the basic training rules embodied in the Eight Precepts and to observe noble silence and Retreat Guidelines. The Eight Precepts are:

- *Harmlessness:* not intentionally taking the life of any creature.
- *Trustworthiness:* not taking anything that is not given.
- *Chastity:* refraining from any sexual activity.
- *Right Speech:* avoiding false or malicious speech.
- *Sobriety:* not taking any intoxicating drinks or drugs.
- *Renunciation:* not eating after mid-day**.
- *Restraint:* refraining from entertainments and self-adornment.
- *Alertness:* refraining from over-indulgence in sleep.

**Participants with medical conditions requiring a dietary regime will not be expected to observe this precept.

MEALS: Vegetarian breakfast and lunch are the two main meals. Tea and juice will be available in the evening.

DONATIONS TO THE MONK: *In keeping with ancient Buddhist tradition, the teaching and meditation instructions given by the monk are free of charge. The monk and the monastery are supported by donations. You may make a donation to the monk through the OBS and receive a tax receipt at the end of the year.*

IMPORTANT: *Registrants who have never previously practised in this tradition are encouraged to attend at least one of the Society's monthly Days of Mindfulness for retreat orientation.*

TO REGISTER: Please complete the attached registration form and mail it with your payment to: Adrienne Jordan, OBS Retreat Coordinator, 55 Cockburn St., Perth, ON, K7H 2B5 (phone 1-613-267-9890) aj.coyote@hotmail.com, Please make cheques payable to the Ottawa Buddhist Society and write at the top of your cheque: "Ajahn Sona 2009 Retreat".

For more information on Ajahn Sona and the Birken Monastery go to: <http://birken.ca/>



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RETREAT REGISTRATION FORM

First Name: _____ Last Name: _____

Date: _____ Male: _____ Female: _____

Address: _____ City: _____ Province: _____

Postal Code: _____ E-mail: _____

Home Telephone: _____ Work Telephone: _____

- Do you have **special dietary needs, health problems or disabilities**?

- Do you **need a ride** to the retreat? Y / N Can you **offer a ride** to the retreat? Y / N

from **Ottawa**? (Specify area of town) _____

Or from **out of town**? (Specify town) _____

- Have you previously **practised meditation**? If so, how long have you practised, and with which teacher(s) / tradition(s):

- How much **retreat experience** do you have?

None _____

Short Retreats (1-6 day periods) _____ (specify how many)

Long Retreats (7-14 day periods) _____ (specify how many)

Extended Retreats (15 day +) _____ (specify how many)

Please list the name and telephone number of someone to contact, in case of an emergency:

Name: _____ Telephone: _____