

KACHOE ZUNG JUK LING

2004 EASTER RETREAT—WHITE ROCK/SOUTH SURREY

INFORMATION

Retreat begins **FRIDAY** evening **April 2** at 7:30 PM and continues every day, 9:00 AM to 4:45 PM until Easter **MONDAY APRIL 12th NOON** inclusive. (10 days)

Anila Ann has a commitment to do a retreat and offers to lead a group retreat if others wish to also do a retreat at this time. This means that students should come prepared to do their own practice with permission to do so from their teacher. As not all students will be doing the same practice, the retreat sessions will be done in silence. (Call Anila Ann 604-541-8797 for clarification) (Call Lou Keh, 604-575-9233 if you have food allergies.)

Suggested donation to Anila's Abbey, Kachöe Zung Juk Ling Abbey:

\$16 a day/\$11 a half days (Discounted to \$120 for all 10 days). Includes lunch (no refunds if lunch not taken.)

Full Board \$35/day includes sleeping place, meals and gampa. (Discounted to \$275 for all 10 days)

Overnighter's schedule will be: Morning Session 6:30 A.M. with breakfast at 8:00 A.M. Follow the regular schedule for the day. Dinner at 6:30 P.M. and last session at 8:00 P.M.

Pre-registration and donation is on a first-come, first-served basis, closing **SUNDAY MARCH 21TH** (so Lou knows how much food to purchase). Sorry, absolutely no late registrations so as not to disturb the retreat and confuse the seating. Suggest you register even if you're not sure what your dates are to ensure your seat.

Place: 2077 153rd Street
Surrey, BC V4A 8M8

SCHEDULE

MORNING		AFTERNOON		EVENING
6:30 AM	Over-nighter's first session	1:00–2:00 PM	Karma Yoga	6:30 PM Dinner (over-nighters)
8:00 AM	Breakfast (over-nighters)	2:00–2:45 PM	Session #3	8:00 PM Last Session
9:00 AM	Set up altar and meditation space	3:00–3:45 PM	Session #4	Dedication
9:15 AM	Morning prayers	4:00–4:45 PM	Session #5	
9:45–10:30 AM	Session #1	Semi-dedication		
10:30–11:00 AM	Break (long)			
11:00–11:45 AM	Session #2			
11:45 AM–1:00 PM	Lunch (included for all)	Sessions are 45 minutes followed by 15 minute break		

We suggested you time your sadhana practices so that you can judge how much mantra recitation time you have in your sessions.

Here's a list of items you may wish to have with you:

- Dorje and bell/picture
- Notebook/pen
- Your own cushion
- Sadhana
- Study book (for example, LoJong)
- Small table/cloth to keep items off floor
- Mala and bag
- Cozy shawl
- Dutsie jar
- Counters
- Comfortable clothes
- Sleeping bag
- Sheet
- Towel
- Overnight clothes
- Pillow

As more questions come up, please feel free to call/FAX Anila Ann at Tel./FAX (604) 541-8797, Sue Forster at (604) 541-4199, or Lindy Tasire at (604) 535-6504.

REGISTRATION FORM

Please complete this form and return to Anila or Ven. Lindy **BEFORE MARCH 30TH** 2003 to reserve your seat for the retreat.

NAME _____ phone number _____

Retreat practice _____

I will be attending the following days:

I will be attending the full retreat (\$120)

Or

I will be attending the full retreat overnight (\$275)

Or

I will be attending the following days (\$11/half-day, \$16/full day, \$35/overnight=full board, sleeping place, gompa):

	AM	PM	OV	EVE		AM	PM	OV	EVE
Friday April 2			<input type="checkbox"/>		Thursday April 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lam Rim
Saturday April 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lam Rim	Friday April 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Movie Night
Sunday April 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Saturday April 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lam Rim
Monday April 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	USAT	Sunday April 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday April 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Monday April 12	<input type="checkbox"/>			USAT
Wednesday April 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						

Enclosed is a donation of _____ with cheque made out to Kachöe Zung Juk Ling Abbey (Enjoy the Sky Abbey).

Send to :

Lindy Tasire
201-15875 Marine Drive
White Rock, BC V4B 5J2