



Everything is Already OK!

YOGA & MEDITATION RETREAT

May 27th - 30th, 2010 / [Shanti Retreat Centre](#), Picton, ON.

RETREAT REGISTRATION:

PLEASE PRINT THIS PAGE & SUBMIT WITH REGISTRATION

NAME: _____

ADDRESS: _____

HOME TEL: _____

BUS TEL: _____

E-mail: _____

REGISTRATION FEE:

Before MARCH 1 st	\$499.00 (+GST)	Total: \$523.95
After MARCH 1 st	\$549.00 (+GST)	Total: \$576.45

***Refunds will be issued with written notification (less a \$200.00 service fee) up to April 30th.
No refunds will be entertained beyond April 30th***

METHOD OF PAYMENT:

- 1) Cheque (payable to Marla Ericksen)
- 2) Cash (GST will not be charged on cash payments)

Enclose payment with registration form and send or deliver to:

MARLA ERICKSEN

TEL: (613) 828-7977

#510 - 2871 Richmond Road

WEB: <http://marlaericksen.com/>

Ottawa, Ontario K2B 8M5

E-MAIL: <mailto:marla@marlaericksen.com>

WHY RETREAT?... In removing ourselves from our familiar surroundings and busy schedules, retreats afford us the opportunity to see accumulated habits of distraction which build an internal wall between ourselves and our experience. Perpetuated by externalized consciousness, these unconscious patterns of unaware living shield us from the inherent simple joy of our true nature, our uncontrived naturalness. Sufis call this primordial aspect our Hidden Essence, Hindus say the Self or Brahman, Buddhists refer to this as our Buddha nature, and others say inner spirit or God. Devoted dedication to a yogic path of awareness uncovers this inner nature, while teaching us about the suffering inherent in our perceived (not actual) disconnection from wholeness. In inner silence and stillness we may glimpse a truth larger than our self definitions allow.

The Yogic path is a gradual process of recognizing this wall which appears solid, causing us to perceive ourselves as separate, independent entities who interact from an exhaustive, dualistic perspective where we are the subject, and the world we perceive is the object, a world upheld through our hopes and fears. Daily practice helps us become aware of the habits which perpetuate this misperception, while longer retreats which emphasize meditation and continued mindfulness allow us to learn to sustain an unconditional presence which can evoke a recognition of our true nature, an awareness unbound by circumstance. Removed from our daily activities and responsibilities, we learn to interrupt the habits of our conditioned patterns through compassionate attention, repeatedly uprooting ingrained reactivity and discontent, freeing us to live from a larger truth, an authentic clarity of being.

LODGING: Each room accommodates two – four people. You may request specific roommates amongst other attendees (see below). Otherwise, you will be randomly assigned to a room. Bed assignments and preferences will be accommodated based on registration priority

ROOMMATE SELECTION:

1) _____ 2) _____ 3) _____

CATERING: All meals, snacks and beverages are included. Our diet for the weekend will be simple fare – primarily vegetarian cuisine with supplemental protein options. If you have any food allergies or other specific preferences, please let Marla know.

THANK YOU FOR YOUR REGISTRATION...

THIS YOGA AND MEDITATION RETREAT PROMISES TO BE A LIFE ALTERING EXPERIENCE—EMBRACE IT!

I LOOK FORWARD TO THE INTIMATE PROCESS OF RETREATING WITH YOU AND CELEBRATING SPRING...

NAMASTÉ!

