



Smiling Dandelion Sangha

11th Annual Residential
Meditation Retreat
(new expanded format!)

June 7 - 9, 2019

Horizon Village, Oshkosh WI

Roots and Wings: Grounded and Opened: Serenity and Insight

Meditation practice is filled with seeming opposites that we learn are actually necessary, inseparable partners, one to the other. In this retreat, we will explore staying grounded in the body and breath at the same time as we cultivate a heart and mind that is open and expansive. Through our practice, we learn to recognize the partners of grounded stability and open expansion, and of serenity and insight, so we are able to cultivate the balance between them that leads to clarity, wisdom, and peace.

Overview

This meditation retreat is suitable for both new and experienced practitioners, and, in keeping with ancient traditions, this retreat will be held in *Noble Silence*.

The retreat will include sitting and walking meditation, Dharma talks, teacher interviews, group discussion, guided Qigong practices, and mindful eating.

Teachers:



Janice Cittasubha Sheppard is a Lay Buddhist Minister in the Theravada Thai Forest Lineage, and a Community Dharma Leader. She was trained at Abhayagiri Buddhist Monastery and Spirit Rock Meditation Center. She has taught meditation since 2002. She leads a weekly meditation group, teaches introductory meditation classes and a year-long program on Theravada Buddhism, leads meditation retreats, and teaches mindfulness in Wisconsin prisons.



Steven Spiro is a chaplain in the Zen Peacemaker Order, teacher and creator of Breathing Earth Qigong, and a core member of SnowFlower Sangha in Madison. He offers spiritual support for the dying and their loved ones and teaches mindfulness meditation in Wisconsin Prisons. He is a wood sculptor, Reiki master, grandfather, organic gardener, and dog lover.

Lodging and Meals- Each room is a single within a 4 room dormitory suite. Towels, bed linens, pillow and a light bedspread are provided.

Meals include 2 dinners, 3 lunches and 2 breakfasts. All meals are vegetarian. Water, coffee and tea will be available at meals. Please

consider bringing your own water bottle and/or mug to decrease the amount of waste created.

Location

Horizon Village

UW - Oshkosh Campus
635 Elmwood Ave.
Oshkosh, WI 54902



This lovely new LEED-certified building provides a quiet, calming, natural light filled space for lodging, meals and meditation practice.

Retreat Fee (2 options):

\$255 Meals & lodging OR \$175 Meals only (for those sleeping elsewhere)

All cancellations are subject to a non-refundable \$25 fee; no refunds after May 24th.

Mail check (payable to FVUUF) and registration form to:

Smiling Dandelion Retreat
c/o Doug Dorn
1135 Haen Dr.
Kaukauna, WI 54130

Registration deadline is May 17th. Unfortunately, we are NOT able to accept credit card payments. You will receive an email confirmation when your registration and check have been received.

We have some scholarship funds available. Please reach out to Doug at ddorn0522@hotmail.com with your assistance request before sending registration form.

Please reach out to Doug if you plan to bring your own food and want the reduced rate figure.

Arrival & Departure - New expanded format starting Friday morning!!!

(detailed schedule will be available at check-in)

Friday, June 7th

9:30 AM Check-in

10:00 AM Welcome and retreat begins

Sunday, June 9th

4pm Departure (please plan to stay for entire retreat)

Questions? Contact: Jeanna at smildandsangha@gmail.com

DANA (Sanskrit) means generosity. The term also refers to the ancient tradition of offering donations of service or money in support of the teaching of Buddhadharma. Considered priceless, these teachings have been freely given since the time of the Buddha. The retreat fee covers only the costs of using the Horizon Village facility and the meals - none of the retreat fee goes to the teachers. Their ability to continue offering these retreats depends solely on donations from retreat participants.

There will be an opportunity to offer dana at the retreat. Payable by cash or checks payable directly to Janice and to Steven.

Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Check One: _____ \$255 Lodging and Meals _____ \$175 Meals Only

Lodging Preference

Although the bedrooms at Horizon Village are single, each room is part of a 4 bedroom suite that also includes 2 toilet rooms, 1 shower room and a common area. In general, we try to arrange female only or male only suites however this may not always be possible. In order to best serve your needs please indicate your preference.

_____ Female only suite _____ Male only suite _____ no preference

Do you have any special needs or dietary restrictions? (We will let you know if we are able to accommodate.)

Emergency Contact:

Name: _____ Phone: _____

Enclosed is an additional \$ _____ toward a scholarship fund to help those needing financial assistance.

Total Amount enclosed \$ _____ (make check payable to FVUUF)