

Retreat Schedule

Thursday 5:30pm - check-in
6pm - light dinner
7pm - 9pm - retreat

Friday 9:30am - 8pm
Saturday 9:30am - 8pm
Sunday 9:30am - 4pm

Retreat Information

Vegetarian meals will be served for lunch and dinner. Depending on requests, we may have a side of non-vegetarian food at lunch. During the retreat water, tea and snacks will be available.

Special Needs: Please let us know in advance if you need any personal accommodations.

Sitting Equipment: Bring your own sitting equipment: ground padding, meditation bench/sitting cushion, light blanket. Chairs and some cushions are available.

Scent Free: Please support others attending who may have allergies. Avoid using strongly scented soaps, creams and perfumes during the retreat.

What to Expect

During the retreat we will practice meditation, and heart practices, hear instructions & dharma talks, practice walking meditation, gentle yoga, and meetings with teacher.

Additional Information

Scholarships - Partial scholarships are available on a limited basis.

Refund Policy - When requested by April 30, we will honor 100% refund.

Householders - Several experienced practitioners have volunteered to support other participants in this retreat by offering housing. If you are interested in this option, please let us know as soon as possible.

Nearby Accommodations - There are several options for nearby accommodations. We are happy to support you with some choices.

Dana (love offering) - Your registration fee covers the cost of the retreat space and supplies. The instructor receives no payment from this fee. Dana is an opportunity to practise generosity.

Registration Form

Name:

Email:

Phone:

Dietary Needs:

Registration Fee

Sliding scale \$125 - \$250

Paying at the higher rate, supports sustainability and scholarships.

Payable by check or credit card:

- Checks payable to Peace Matters
- Credit or Debit Cards
(www.peacematters.com)

Mail Registration Form to:

Peace Matters

4237 Tracy Avenue

Kansas City, MO 64110

Join Us!

As we forgive, we notice that a whole new life opens up to us. We begin to live from our essence instead of “what they did” and how it affected us - or still defines us.

No one should have to go through experiences that continue to stimulate pain & anger as our minds continue to repeat the story of what happened. Yet every time we re-think through those events, and re-feel our resentment, pain and anger, we are repeating it! How many times have you experienced this circle?

Forgiveness is a process that transforms you. Are you ready to change the dialogue that continues playing in your mind; stimulating pain, perhaps limiting your ability to fully live to the fullest? If your answer is yes, consider joining us. This retreat will focus on supporting you and your practice.



Phone: 816.492.5225

Retreat Staff



Lori Woodley
Teacher



Annie Bumgarner
Retreat Manager



Andrea VanBecelaere
Gentle Yoga

Insight Meditation (Vipassana) is the oldest Buddhist tradition. The name means *insight into the true nature of reality*, specifically the reality of impermanance, suffering and not-self.

Meditation is a powerful tool for cultivating clear knowing, mindfulness and even choice in which thoughts we allow to arise.

Insight Meditation Silent Retreat

forgiveness

May 18 - 21, 2017
Three-Day Retreat

- Sitting Meditation
- Walking Meditation
- Heart Practices
- Dharma Talks
- Gentle Yoga

Rev. Lori Woodley
Teacher

