



Breaking the Chains of the Past

An overnight Mindful Man Retreat

April 6-7, 2019

Cedar Valley Retreat Center
West Bend, WI

Led by David Haskin and Hal Dessel
with Stephen Starr

*The chains of habit are too light to be felt until they
are too heavy to be broken. — Samuel Johnson*

There is much in our past that we can recall fondly. However, without Mindfulness, parts of our past, such as how we were treated as children and the history of our families and communities, silently shape how we feel and automatically act in the present. Put differently, we often are unknowingly chained to our past in ways that cause us to suffer in the present.

Please join us at the next Mindful Man overnight retreat in which we will explore how Mindfulness helps us shine the light of awareness both on the forces that shaped us and how those forces live on within us to this day. When we do that, can we begin to let go of the hurtful parts of the past that bind us. As always, we will explore our topic by practicing mindful meditation, movement and sharing in a caring, safe and supportive environment.

This retreat is appropriate both for men who are new to Mindfulness and meditation and for experienced practitioners.

Prices, food, lodging: Double rooms cost \$140 per person and singles cost \$175 for registrations received by March 6, 2019. Between March 7 and April 1, double rooms cost \$150 and singles cost \$185. Fees cover lodging, towels, bedding, the meeting room, and three vegetarian meals starting with Saturday dinner. All rooms have private baths. *NOTE: If rooms at the retreat center are sold out, you can stay at a nearby motel and your retreat fees will be adjusted accordingly.*

Fees do NOT include compensation for the teachers. Following an ancient tradition, David and Hal offer these teachings freely and will gratefully accept *dana*, or a free-will offering, at the end of the retreat if you are able and if you find the teachings helpful.

Times and dates: The retreat begins promptly at 1 p.m. on Saturday, April 6. **Please arrive no later than 12:30** so you can get your room assignment and settle in before we begin. We will end our time together after lunch on Sunday, April 7.

Comfort: Please wear comfortable, loose-fitting clothes. If you use a meditation cushion or bench, please bring it. Chairs will be available for meditation. In addition, there will be free time to walk the beautiful grounds of the retreat center, so bring appropriate shoes or boots. Please note that much of this retreat will be conducted in Noble Silence.

The facilitators: Hal Dessel, a meditator since 1964, is a psychotherapist in Milwaukee specializing in addictions and trauma recovery. Mindfulness and 12-Step spirituality are core to both his professional and personal life. David Haskin has practiced meditation since 1971 and is an ordained member of Zen Master Thich Nhat Hanh's core practice community, the Order of Interbeing. He teaches Mindfulness widely, including to men's groups, prison inmates, and those in recovery. David and Hal are dear friends who have led retreats together for almost 30 years. They are co-founders of Mindful Man.

More information: Feel free to contact David (dhaskin@gmail.com) with questions about the retreat or about the practice of Mindfulness.

[MORE INFORMATION IS AVAILABLE AT WWW.MINDFULMAN.ORG](http://WWW.MINDFULMAN.ORG)

Registration (choose one of two payment and registration methods)

1. Using PayPal, send full payment to David Haskin (dhaskin@gmail.com). **PLEASE:** Send to “friends and family,” not “Pay for goods and services.” Then, e-mail the info requested in the form below to: dhaskin@gmail.com.
2. Fill out this form and mail it with a check (payable to *Mindful Man*) for the full amount, to:

David Haskin
5216 Middle Earth Road
Barneveld, WI 53507

Name(s): _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail address: _____ Phone: _____

Fees:

_____ Single: \$175 per person until March 6; \$185 between March 7 and April 1

_____ Double: \$140 per person until March 6; \$150 between March 7 and April 1

If you select a double room, is there somebody you'd like to room with?

Name of requested roommate, if any: _____

AN IMPORTANT NOTE ABOUT THE PRICE: The prices cited above cover only the bare expenses of putting on this retreat and do NOT provide compensation for the teachers. Following the ancient tradition of Mindfulness teachers, David and Hal gratefully accept *dana* (the Sanskrit word for generosity) as a free-will offering from those who attend the retreat. Please **do not** add *dana* to the registration fees but, rather, consider offering *dana* at the end of the retreat if you find the teachings helpful and if you are able. Checks for *dana* should be made out to *Mindful Man*.

DEADLINES AND CANCELLATION POLICY: Because of obligations to the retreat center, we must have the following policies regarding registration deadlines and cancellations.

1. For planning purposes, it would be helpful for us (and less expensive for you) if you register by March 6.
2. All registrations must be received by April 1. After April 1, there is some chance you could get into the retreat, but we can't guarantee a spot.
3. Full refunds will be given for cancellations received via telephone, e-mail or U.S. Postal Service by March 6. Between March 6 and April 1, half the fee will be refunded. No refunds can be made for cancellations after April 1. For questions about registration, contact David Haskin at dhaskin@gmail.com
4. If rooms at the retreat center are sold out, you can still attend the retreat and stay at a near-by motel. Your retreat fee will be lowered accordingly.

Directions to Cedar Valley Retreat Center (5349 County Road D, West Bend, WI):

From Chicago/Northern Illinois: Head toward Milwaukee via Interstate 94 (through Kenosha and Racine). As you approach Milwaukee, take the HWY 894 bypass toward Madison. At end of bypass, follow signs to merge onto Highway 45 going North and follow directions, below, from Milwaukee.

From Milwaukee: North on Highway 45 past West Bend to Highway D. West on Highway D for six miles. Cedar Valley is on the left.

From Madison: Highway 151 east to Highway 33. Turn right and follow 33 through Allenton. Turn left on County WW, then right on County D for one mile. The retreat center is on the right.