

Living With Ease In A Stressful World

An overnight Mindful Man Retreat

April 18-19, 2020

Cedar Valley Retreat Center
West Bend, WI

Led by David Haskin and Hal Dessel
With Stephen Starr

In true happiness there must be the elements of peace, joy, and ease. — Thich Nhat Hanh



Life these days can be extremely busy, confusing and loaded with opportunities to lose our inner peace, stability and equanimity. In the face of this on-going unease, and in the absence of Mindfulness, we often feel anxious, react to life events unskillfully and live with the feeling that things just aren't right.

The practice of mindfulness, however, can bring us ease, even in the midst of a stressful world. Please join us at the next Mindful Man overnight retreat at which we will explore how to cultivate ease and the happiness and joy that arise from living fully in the present moment. We will do this 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. Please note that much of this retreat will be conducted in Noble Silence.

Prices, food, lodging: Double rooms cost \$140 per person and singles cost \$185 for registrations received by March 18, 2020. Between March 19 and April 10, double rooms cost \$150 and singles cost \$195. Fees cover lodging, towels, bedding, meeting room rental, 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 near-by 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 18. **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, November 3.

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 may be free time to walk the beautiful grounds of the retreat center, so bring appropriate shoes or boots.

The facilitators: **Hal Dessel**, a meditator since 1964, is a retired psychotherapist in Milwaukee who specialized 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. **Stephen Starr** has been a leader of the Chicago Weekly Sitting Meditation Group since 2008 and has warmly helped introduce hundreds of people to the beauty and power of Mindfulness and meditation.

For more information: Feel free to contact David (dhaskin@gmail.com) with questions about the retreat or about the practice of Mindfulness. Or, find more information at 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: \$185 per person until March 18; \$195 between March 19 and April 10

_____ Double: \$140 per person until March 18; \$150 between March 19 and April 10

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 extremely helpful for us (and less expensive for you) if you register by March 18.
2. All registrations must be received by April 10. After April 10, there is a 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 18. Between March 19 and April 3, half the fee will be refunded. No refunds can be made for cancellations after April 3. 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.