



The Mindful Man
A Day of Mindfulness for Men
Saturday, January 29, 2011
10 a.m. to 5 p.m.

Friends Meeting House
1704 Roberts Court, Madison, WI

With David Haskin and Dave Creswell

The meditative practice of Mindfulness can help us become fully and joyfully present to life, even in the darkest time. Please join us for a mid-winter Day of Mindfulness for men in which we will enjoy the enriching practices of Mindful meditation and walking, deep sharing and the ancient movement practice of Qi Qong.

Who: This day is appropriate both for men who are new to Mindfulness and for experienced practitioners.

When and where: We will begin at 10 a.m., so please arrive slightly beforehand. Friends Meeting House is on Madison's near west side, just off Monroe Street.

Food: Please bring a brown-bag lunch.

Cost: \$15. In keeping with ancient tradition, these teachings are considered priceless, so the facilitators will not charge for their time. However, if you are able and if you find the teachings helpful, a free-will offering for the facilitators at the end of the day will be gratefully accepted.

Comfort: Please wear comfortable, loose-fitting clothes. If you use a meditation cushion or bench, please bring it. Chairs will also be available for meditation.

Facilitators: Dave Creswell is a long-term Mindfulness practitioner who has taught meditation in churches and other venues. He is associated with Madison Insight Meditation Group. David Haskin 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, people with addictions and veterans.

More information: Please contact David Haskin (dhaskin@gmail.com) or Dave Creswell (davecres@charter.net) with questions about Mindfulness or about the day.

Please share this flyer with others who may be interested in this very special day.

Registration Form (MSN)

To register, fill out this form and mail it, along with a check for \$15 (payable to Mindful Man) to:

David Haskin
5216 Middle Earth Road
Barneveld, WI 53507

Name(s): _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail address: _____ Phone: _____