"Can We All Get Along: The Dharma of Human Relationships"

An in-person Meditation Retreat at Holy Wisdom Monastery
January 15-17, 2027 Madison, WI

With David Haskin, Jan Cittasubha Sheppard & Steven Spiro

Sometimes, we don't respond with kindness and compassion to the many folks, including ourselves, with whom we interact, and that can lead to suffering. Fortunately, The Buddha's teachings provide us the tools to bring awareness to how we react to our own inner dialog and the speech or actions of others. With this awareness, we can deepen our ability to respond skillfully to ourselves and those around us with the kindness and compassion that leads to joy and connection.

Please join us for the 2027 Thaypassana retreat as we explore and practice some of those teachings that lead us toward richer, more skillful ways of relating to ourselves, to others, and to our fractious world.

Friday, January 15, 10:00am – 8:00pm
Saturday, January 16, 8:00am – 8:00pm
Sunday, January 17, 8:00am – 3:00pm

This retreat is in-person. Overnight lodging at the monastery is sold out – hotel lodging info is on next page

Non-residential Cost: $215

Steven Spiro is a Zen Chaplain ordained by Roshi Joan Halifax of the Prajna Mountain Order. He is the **creator of Breathing** Earth Qigong, which is offered as classes and retreats. He teaches the Dharma, as well as meditation and mindfulness in prisons, and heads the Wisconsin Prison Dharma Teachers' Sangha. He's an artist, spouse, grandfather, gardener, and dog lover.

Janice Cittasubha Sheppard is a Lay Buddhist Minister in the Theravada Thai Forest lineage of Ajahn Chah and Ajahn Sumedho, and a Community Dharma Leader through Spirit Rock Meditation Center. She teaches retreats in the Midwest, leads a weekly meditation group, and offers Buddhist pastoral services and mindfulness training in Wisconsin prisons.

David Haskin has been a student of Vietnamese Zen Master Thich Nhat Hanh since 1993 and is an ordained member of his core practice community, The Order of Interbeing. David teaches mindfulness and meditation in WI prisons and to people in recovery, combat veterans and to men's group

Please see next page for retreat details and to register

"Can We All Get Along" 2027 Retreat at Holy Wisdom Monastery

Course details and registration...

- **Non-Residential: $215:** Retreatant will not lodge overnight at Holy Wisdom Monastery, but commute to the retreat (from home/hotel/etc.), while still doing one's best to maintain Noble Silence/the retreat atmosphere for the duration of retreat.

- **Residential: Unavailable/Sold Out at the monastery.** We have arranged a block of rooms at a nearby hotel at a reduced rate ($87/night), to be paid separately from the retreat fee. The **Country Inn & Suites by Radisson** is about a 12-minute drive from the monastery – you may register at this link unique to our retreat. Their address is 2212 Deming Way, Middleton, WI 53562 and they have just completed remodeling all their rooms. You must register by Dec.14 to get the reduced block rate.

Above costs include 3 vegetarian lunches & 2 dinners, (& continental breakfast & lodging for residential retreatants), coffee/tea, retreat facility fees, and other retreat expenses.

DANA: Following ancient tradition, the cost includes no compensation to the instructors. However, a contribution (dana) to the teachers is encouraged (more info provided at time of retreat).

Financial Assistance: There may be a limited number of partial scholarships available, depending on donations. Contact Maureen at maureenieb8@gmail.com for more information.

Deadlines & cancellations: Please register early for the retreat, as it always fills. All cancellations are subject to a nonrefundable $50 fee; cancellations on or before Dec.15 will be refunded the retreat fee, less $50. No refunds can be given if cancellations are received after Dec.15.

Registration/Payment: **Please register here by Dec. 15.** You are not registered until payment is made. Confirmation will be provided by e-mail along with additional retreat information. Participation is on a first-received basis. If the registration becomes full, you will be placed on a waiting list, to be contacted if space becomes available. By registering, you agree to have our email shared with Holy Wisdom Monastery. Send questions to maureenieb8@gmail.com

Please Pay The Registration Fee Here via Venmo or via PayPal. If you use Venmo, do NOT select "goods and services," and for PayPal, please select "friends and family" – otherwise we only receive a portion of your payment, and the rest goes to Venmo/Paypal.

If you prefer not to pay electronically and/or prefer to pay via **Zelle,** please note that Maureen's mobile phone is 608-219-9529.

If you are able, please consider making an additional donation for scholarship support for others who don't have the means to pay.

Influenza/Covid-19 Precautions

Attendance will require that you have not been recently exposed to Covid/Influenza viruses and have no symptoms. Masks are optional and will be available for anyone who would prefer to wear one.

This flyer will also available at www.mindfulman.org