

Liberation Park & Insight Chicago are pleased to be sponsoring a rare opportunity to practice as the Buddha did, in a 10 day retreat with two highly respected & wise teachers.

Three Pillars of Practice: What the Buddha Emphasized.

In this course we will take an in-depth look at three of the Buddha's most important teachings:

- mindfulness with breathing
- the meditative absorptions
- dependent co-origination

We will explore these three crucial aspects of the Buddha's own practice and how they can be used to gain insight into the nature of things as they really happen, and release us from clinging to suffering.

Daily mindfulness, meditation and Dhamma teaching will be supplemented with private interviews, posture work and optional qigong.

This will be an 8 precept retreat. You will not be required to practice the 8 precepts but you are required to practice the first 5.

The retreat is for experienced practitioners only. This means that retreatants must have attended at least one weekend or longer residential retreat.

Santikaro was ordained as a Theravada monk in 1985 & subsequently trained at Suan Mokkh with Buddhadasa Bhikkhu (1906-1993), a leading Thai teacher, scholar & reformer of Theravada Buddhism. He led the monthly 10 day mindfulness with breathing (Anapanasati) retreats at Suan Mokkh for 12 years. He became Ajahn Buddhadasa's primary English translator & was abbot of nearby Suan Atammayatarama.

He teaches Buddhism & meditation with an emphasis on the early Pali sources, as well as drawing on many years of personal practice. He is a lucid interpreter of the original Buddhist teachings and discourses.

He returned the USA's Midwest in 2001 & to lay life in 2004. He is the founder of Liberation Park, a modern American expression of Buddhist practice, study & social responsibility. www.liberationpark.org



Leigh Brasington is the only person in North America authorized to teach the Jhanas (meditative absorptions), by his former teacher Ayya Khema (1923-1997), a very influential & highly dedicated Buddhist nun from Germany.

She revived & taught a very accessible method for both lay & ordained practitioners to attain Jhana & practice the four foundations of mindfulness (Satipatthana), to cultivate insight.

Leigh began assisting Ven Ayya Khema in 1994 & was authorized to teach in 1997.

He now teaches worldwide. www.leighb.com

Date:

Begins April 2 at 10 a.m.

Ends April 11 after lunch & clean-up.

4 Day First Weekend Option:
April 2 - April 6 after lunch



Location: LaSalle Manor is located on 47 quiet & serene acres in Plano, Illinois, approximately one hour south west of Chicago. The beautiful log lodge is the former country home of the founder of American Greetings, replete with prairie, hiking trails and a small lake.

www.lasallemanor.org



Cost Per Person:

- \$620.00 thru Nov. 15, 2009
- \$655.00 after Nov. 15, 2009
- 4 day First Weekend \$390.00 thru Nov. 15; \$410.00 after.

The cost covers all expenses pertaining to your stay at LaSalle Manor and includes lunch on the first day and two meals daily for the remainder of the retreat.

Accommodation & Meals:

All rooms are single rooms with separate male/female showers.

Only *vegetarian food* will be offered.

In keeping with the 8 precepts there will be no evening meal with only breakfast & lunch served.

If health or dietary needs necessitate eating 3 meals a day instead of the two provided, then you are asked to bring your own food for your evening meal.

Beverages & some basic snacks will be available at all times.



Dana: Our teachers are giving freely of their time & wisdom. However, they depend upon donations to meet the expenses of daily life & to be able to continue teaching. There will be an opportunity to make a donation (dana), at the end of the retreat.

**Registration:**

Registration forms can be found at the web sites of Insight Chicago and Liberation Park www.insightchicago.org www.liberationpark.org

Space is limited, so early registration is recommended. A waiting list will be established after registration is filled.

Payment must be made in full, either by credit card or check.

Mail registration forms and your credit card account details, or check payable to Insight Chicago, for the full cost of the retreat to:

Insight Chicago
c/o Ann Leeds
946 Michigan Ave., #1N
Evanston, IL 60202

Once your registration has been confirmed, you will receive more information on the facilities at LaSalle Manor as well as what you will need to bring for the retreat.

**Cancellation & Refund Policy:**

The registration deadline is March 19, 2010.

Cancellations through February 1 2010, will receive a full refund.

Cancellations from February 2 through February 15 will receive a 50% refund.

Refunds in any amount cannot be promised after February 15, 2010.

10 DAY MEDITATION RETREAT

**with Santikaro and
Leigh Brasington**

April 2 - 11, 2010

**What the Buddha Emphasized:
The Three Pillars of Practice**



**The LaSalle Manor
12480 Galena Rd
Plano, IL 60545**