

Meditation Retreat

Reality as it is becomes the right view of the meditator. Thinking of it as it is becomes the right thought. Awareness of it as it is becomes the right awareness. Concentration on it as it is becomes the right concentration. Actions of the body and speech are then aligned to reality as it is. In this way the meditator develops and is fulfilled." - Majjhima Nikaya -



Pha^t A^n Temple
475 Minnesota Ave
Roseville, MN

October 30th Saturday 2010
9:00 am - 5:00 pm

This is a insight (*Vipassana*) meditation retreat, and space is limited to 30 people.

Registration Required by October 24th.

Call @ (612) 216 4854

or E-mail info@triplegem.org

More info: www.triplegem.org

RETREAT SCHEDULE

8.50 am	Registration	12.45 p.m.	Q&A
9.00 am	Sitting Meditation	1.30 p.m.	Group discussion
9.40 am	Walking Meditation	2.00 p.m.	Meditation practice
10.00 am	Tea/ Coffee	3.00 p.m.	Tea/Coffee brake
10.15 am	Teachings	3.15 p.m.	Teaching
10:45 am	Q&A	3.45 p.m.	Introducing Thought
11:15 am	Walking Meditation	4.30 p.m.	Closing Practice
11.30 am	Lunch	5.00 p.m.	End
12.15 p.m.	Walking		

Lunch will be potluck, and Suggested donation: TGN is a non-profit organization. To cover our expenses we highly appreciate your kind donations

