

Chan Meditation Retreat

*During this weekend, escape from electronics.
Refresh yourself and find your original mind.*

The basic meditation method will be taught in the context of daily life activities, such as sitting, standing, walking, sleeping, working, and eating. Eight forms moving meditation and gentle yoga exercises further harmonize the body, breath, and mind. The retreat also includes lectures, meditation instruction, guided meditation, and personal interview. All levels practitioners are welcome.

- 1) Fee: Detail information please check the program registration form. Students may attend the Chan Meditation Retreat Program Free of Charge. Those who wish to participate, please attach a copy of your student ID with your application. You may attend part of retreat, if you are familiar in meditation practice. However, if you are new in the meditation practice, you have to attend the Friday afternoon “Basic Meditation Review” program on Friday, April 8th from 2:00pm – 5:30pm. Please contact us if you have any question.
- 2) The time line for the Chan Meditation Retreat:
Starts: Friday, April 8th, 2016 at 1:00 p.m.-2:00pm for registration
Ends: Sunday, April 10th, 2016 at 11:00 a.m.
- 3) To guarantee your space at the retreat:
 - a. An application with your signature and date must be received by the Pure Mind Center.
 - b. The fee has been fully paid.
 - c. Please mail your registration form and check to:

Attn: Pure Mind Center
7420 Devonshire Ave.
St. Louis, MO 63119
- 4) Application deadline: April 5th, 2016
- 5) The location of the retreat: Holiday Inn Express in Edwardsville, IL. 1000 Plummer Drive – Edwardsville, Illinois 62025
- 6) During the Chan Meditation Retreat, the attendees must follow the guidelines of the Pure Mind Center, which may include no conversation with others, and similar policies.
- 7) You will receive a confirmation via an e-mail, or mail for attending the retreat on or before April 5th, if everything was followed precisely.
- 8) More detailed guidelines for the retreat will be sent along with the confirmation.

- 9) Book recommended to study before retreat. Ebook: The Essence of Chan: A Practical Guide to Life and Practice according to the Teachings of Bodhidharma by Guo Gu (available on Amazon).

Remarks:

Refund policy: After you receive our confirmation, if you cannot make it, because of some emergency, you must notify us as soon as possible. If you notify us by April 5th, 2016 23:59, you will receive a full refund. Any time after that, there is no refund.