

MINDING OUR LIVES: Looking deeply at THE PRESENT MOMENT



SPRING RENEWAL

ONE OF OUR FOUR
SEASON RETREAT SERIES

*Program cost of \$295
includes program, meals
and accommodation*

*Thursday dinner
through Sunday lunch.*

*Scholarships are
available - please ask!*

*For registration info:
www.woolmanhill.org
or 413-774-3431.*

WOOLMAN HILL
Quaker Retreat Center
107 Keets Road
Deerfield MA 01342
413-774-3431
www.woolmanhill.org
info@woolmanhill.org

Richard Brady and Beth Popelka
Thursday April 26—Sunday April 29, 2012

Engage your body, mind, and spirit to appreciate the present moment's challenges and opportunities. Deepen your awareness of self and the world through mindfulness practices and techniques for physically expressing your current situation. Welcome your joys and your suffering, your fullness and your emptiness as you journal in solitude and connect with others through spoken word and theatre exercises. Poetry and stories from wisdom traditions will enrich our spiritual journey together as we examine and embrace all that the present moment holds for us.



Richard Brady regularly leads workshops on mindfulness for educators. He is a writer and co-editor of "Tuning In: Mindfulness in Teaching and Learning." Richard attends Putney Meeting (VT). He co-founded mindfulness communities in 1989 (DC) and 2008 (VT). In 2001 Thich Nhat Hanh recognized Richard as a teacher in his tradition. For more information about Richard's work, visit www.mindingyourlife.net.

Beth Popelka has served communities nationwide as an actress, director, playwright, educator, and storyteller. Trained by the late Augusto Boal, creator of Theatre of the Oppressed, Beth uses his techniques to address social issues in schools, colleges, and conferences. She loves to collaborate with others to bring forth their collective stories. Beth was Pendle Hill's creative community facilitator in residence in 2010-11.



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COST & REGISTRATION

The standard rate for this four-day retreat is \$295 (commuter rate \$225). The fee includes program, lodging and food. Please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop. “Double up and save” discount: bring a friend along to the same program weekend, and you’ll each receive \$20 off the standard rate!

ARRIVAL & DEPARTURE

Plan to arrive after 5pm Thursday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions when you register. Please let us know if you’d be interested in carpooling. The nearest Amtrak stations are Springfield and Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us to arrange a ride from these stations.

ROOM & BOARD

Our 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meeting-house and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. Cell phone reception is limited and we have limited internet access. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program, please fill out the information below and send it with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website (www.woolmanhill.org) or use the above contact information.

<i>MINDING OUR LIVES, April 26-29, 2012</i>	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$_____. I plan to pay a total of \$_____ (\$295 standard rate, \$225 commuter). Please bring a friend and register together for the “Double up and save” discount – pay \$275 each (see info above)!	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	