

**Wise Women of the Way
A One Month Practice Period
June 25-July 23, 2011**

This summer, Mountain Lamp will sponsor a four-week retreat. We invite friends to come for a week-end (during the interim practice period), a week or two, or for the entire month. To encourage full-time participation, the cost for the entire month is \$650 + dana (10% less for camping). The full time retreat will start on June 25th at 2pm and end on July 23rd at noon with a celebration & meal.

Deep Rivers Clear Streams will include a week of sitting, walking, eating, and working in mindfulness. There will be daily Dharma talks and interviews with Eileen Kiera. The retreat begins at 2:00pm on Saturday, June 25th, and ends at 2pm on Saturday, July 2. Meals included. Indoor sleeping **\$430 + dana.

Ancient Bones will include 5 days of zazen, work and walking meditation. There will be daily teisho and dokusan with Jack Duffy. The schedule will be less intensive than sesshin, while still maintaining the spirit of sesshin. Plan to arrive at 1 pm on Saturday, July 16th and participate until 2:30 pm on Wednesday, July 20th. Meals included. Indoor sleeping **\$225 + dana.

Interim Practice Period

The period from July 3rd to the 15th will include periods of sitting and walking meditation, tai-chi, work, silent meals and Dharma study focused on Wise Women of the Way. Both Jack and Eileen will be present full-time and offer talks, and dokusan or interviews several times a week. Please plan on arriving on July 3 (Sun), or July 8 (Fri). Cost is \$55 per night + dana.

**Campers are given a 10% discount. Circle of Friends also receive a 10% discount except during the month long stay.

See other side for more information and registration form.

Questions? Email Mountain Lamp at ml-info@mountainlamp.org or call the guest manager at 360-592-0600.

MEALS: All meals are included and are vegetarian, including milk, eggs and cheese. If you have a medically prescribed diet, please call or email to advise us at least two weeks in advance.

SLEEPING: We have limited indoor sleeping facilities, available on a first-come and need basis. Camping is encouraged. Facilities are rustic, however, there are indoor toilets and showers, as well as outdoor options.

WHAT TO BRING: Clothes for sitting, working and resting; a rain coat, and warm sweater; good walking shoes; all personal toiletries and a towel; flashlight and insect repellent; camping gear, if camping or bedding for indoor sleeping.

DEPOSIT: \$150

Deposit for Deep Rivers Clear Streams & Ancient Bones is non-refundable after June 1st, and the last day to register is June 15th, 2011.

Please detach below and mail to Mountain Lamp Community, P.O.Box 512, Deming, WA 98244, along with a \$150 deposit. Directions to Mt. Lamp will be sent with your confirmation.

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Name: _____

Address: _____

Phone Number and e-mail: _____

Emergency Contact Name and Number: _____

I am attending: Ancient Bones _____ Deep River, Clear Streams _____

I will ARRIVE June/ July _____ and DEPART July _____

Circle of Friends, please check here _____

Circle one: Indoor sleeping or Camping

Circle any: I can help with cooking I can help with shopping

Specific work skills &/or interests _____

Anything else we should know? _____