

On the Cushion:

Coming to know what you feel when you feel it. Studying how to work with feelings; finding out how to be informed by feelings energetically, emotionally, and in terms of knowing in your heart.'

Edward Espe Brown brings wise, witty and compassionate insight to the full spectrum of our lives.

On the Mat:

Yoga classes appropriate for all levels will be led by:

Lauren Cherry - Camden / New York
Missy Hatch - Camden / Belfast
Maria Orlova - Belfast / Montville
Garrett Vail - Belfast
Kristi Williamson - Camden

Edward Espe Brown was an early student of Shunryu Suzuki Roshi at the Tassajara Zen Mountain Center where he was head cook for three years. He was ordained as a zen priest in 1971. He leads meditation retreats and cooking classes throughout the United States and Europe. The author of several books including *The Tassajara Bread Book* and editor of *Not Always So*, a collection of lectures by his teacher Suzuki Roshi. Most recently he appears in a movie *How to Cook Your Life*, directed by Doris Doerric, now available on DVD.

My simple instructions for meditation are,

'Sit down, sit still, and see what you notice.' Then let what you notice inform your activity. If you are willing to make this kind of study, you have freedom.

Edward E. Brown



Schedule

Friday - Talk Open to All

7:00 - 9:00pm Opening Talk & Meditation

This gathering is open to everyone regardless of whether you are attending the rest of the weekend. The cost is free for weekend attendees and donation are requested if you are attending just this evening.

Saturday & Sunday

7:00 - 8:00 - Early Morning Yoga (optional)

8:15 - 8:45 - Tea & Muffins

9:00 - 10:30 - Meditation Practices

10:45 - 12:00 - Yoga

12:15 - 1:30 - Lunch & Break

1:30 - 2:15 - Questions & Answers

2:30 - 3:30 - Yoga

3:45 - 5:00 - Talk & Meditation

Mats and blankets will be available but you are welcome to bring your own mat or cushion.

Location

Tanglewood 4-H Camp and Learning Center is part of The Camden Hills State Park located in Lincolnville, Maine. Its mission is to teach youth and adults to be effective and caring citizens of the earth through environmental education and nature-based experiences.

The retreat will be held at the main lodge tucked into the center of the property surrounded by 12 miles of trails that meander through the woods and along Ducktrap River.

Cost

The cost of the weekend is a sliding scale of \$125 - \$175 according to your means. A single day is \$85. The open Friday night gathering will have a donation basket.

Simple and nourishing vegetarian lunches will be prepared by Susan Hamill.

This is a non-residential retreat but if you need a place to stay or want a more complete retreat experience, bunkhouse type cabins are available for \$20 per person per night.

Registration

Name _____

Address _____

E-mail _____

Phone _____

____ Full retreat (\$125-\$175 sliding scale)

____ Single Day - \$85 (which day)

____ Saturday ____ Sunday

I would like a bunk @ \$20/night

____ Friday ____ Saturday

\$ _____ Total Enclosed

Please make check out and mail to:

Melissa Hatch

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Liberty, ME 04949

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207-589-4591

In-Formed

By Feelings:

the path of 'getting real'
in ways that are workable

5th Bi-Annual

Meditation and Yoga

Weekend

with

Edward Espe Brown

&

Midcoast Yoga Teachers

September 3 - 5, 2010

A Non-residential Retreat

Tanglewood Camp

Lincolville, Maine

