



Feeling Joyful in Difficult Times

An overnight Mindful Man Retreat

November 11-12, 2017

**Cedar Valley Retreat Center
West Bend, WI**

With David Haskin and Hal Dessel

*Now that all your worry has proved such an
unlucrative business, why not find a better job? —
Hafiz*

Life can seem so difficult at times. We lose the people and things we love, we get sick, old and disappointed when things don't go our way. And there is injustice all around us. However, the powerful practice of Mindfulness helps us be peacefully present with skill and compassion to these difficulties. It also leads us to joy, even when other aspects of our life are challenging.

Please join us for this overnight Mindful Man retreat in which we will explore how Mindfulness helps us to remember the joy that is present in our lives and to not become lost in our worries and difficulties. To do this, we will practice mindful meditation, movement and sharing in a safe, supportive environment.

This retreat is appropriate both for men who are new to Mindfulness and meditation and for experienced practitioners.

Prices, food, lodging: Double rooms cost \$140 per person and singles cost \$170 for registrations received by October 11, 2017. Between October 12 and November 6, double rooms cost \$145 and singles cost \$180. Fees cover lodging, towels, bedding, the meeting room, and three vegetarian meals starting with Saturday dinner. All rooms have private baths. *NOTE: If rooms at the retreat center are sold out, you can stay at a near-by motel and your retreat fees will be adjusted accordingly.*

Fees do NOT include compensation for the teachers. Following an ancient tradition, David and Hal offer these teachings freely and will gratefully accept *dana*, or a free-will offering, at the end of the retreat if you are able and if you find the teachings helpful.

Times and dates: The retreat begins promptly at 1 p.m. on Saturday, November 11. **Please arrive no later than 12:30** so you can get your room assignment and settle in before we begin. We will end our time together after lunch on Sunday, April 2.

Comfort: Please wear comfortable, loose-fitting clothes. If you use a meditation cushion or bench, please bring it. Chairs will also be available for meditation. In addition, there will be free time to walk the beautiful grounds of the retreat center, so bring appropriate shoes or boots. Please note that much of this retreat will be conducted in Noble Silence.

The facilitators: Hal Dessel, a meditator since 1964, is a psychotherapist in Milwaukee specializing in addictions and trauma recovery. Mindfulness and 12-Step spirituality are core to both his professional and personal life. David Haskin has practiced meditation since 1971 and is an ordained member of Zen Master Thich Nhat Hanh's core practice community, the Order of Interbeing. He teaches Mindfulness widely, including to men's groups, prison inmates, veterans and those in recovery. David and Hal are dear friends who have led retreats together for almost 25 years. They are co-founders of Mindful Man.

More information: Feel free to contact David (dhaskin@gmail.com) or Hal (bhdessel@att.net) with questions about the retreat or about the practice of Mindfulness.

MORE INFORMATION IS AVAILABLE AT WWW.MINDFULMAN.ORG

Registration (choose one of two payment and registration methods)

1. Fill out this form and mail it with a check (payable to *Mindful Man*) for the full amount, to:

David Haskin
5216 Middle Earth Road
Barneveld, WI 53507

2. Using PayPal, send full payment to David Haskin (dhaskin@gmail.com). **PLEASE:** Send to “friends and family,” not “Pay for goods and services.” Then, e-mail the info requested in the form below to: dhaskin@gmail.com.

Name(s): _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail address: _____ Phone: _____

Fees:

_____ Single: \$170 per person until October 11; \$180 between October 23 and November 6

_____ Double: \$140 per person until October 11; \$145 between October 12 and November 6

If you select a double room, is there somebody you'd like to room with?

Name of requested roommate, if any: _____

AN IMPORTANT NOTE ABOUT THE PRICE: The prices cited above cover only the bare expenses of putting on this retreat and do NOT provide compensation for the teachers. Following the ancient tradition of Mindfulness teachers, David and Hal gratefully accept *dana* (the Sanskrit word for generosity) as a free-will offering from those who attend the retreat. Please **do not** add *dana* to the registration fees but, rather, consider offering *dana* at the end of the retreat if you find the teachings helpful and if you are able. Checks for *dana* should be made out to *Mindful Man*.

DEADLINES AND CANCELLATION POLICY: Because of obligations to the retreat center, we must have the following policies regarding registration deadlines and cancellations.

1. For planning purposes, it would be helpful for us (and less expensive for you) if you register by October 11.
2. All registrations must be received by November 6. After November 6, there is some chance you could get into the retreat, but we can't guarantee a spot.
3. Full refunds will be given for cancellations received via telephone, e-mail or U.S. Postal Service by October 11. Between October 12 and November 4, half the fee will be refunded. No refunds can be made for cancellations after November 4. For questions about registration, contact David Haskin at dhaskin@gmail.com
4. If rooms at the retreat center are sold out, you can still attend the retreat and stay at a near-by motel. Your retreat fee will be lowered accordingly.

Directions to Cedar Valley Retreat Center (5349 County Road D, West Bend, WI):

From Chicago/Northern Illinois: Head toward Milwaukee via Interstate 94 (through Kenosha and Racine). As you approach Milwaukee, take the HWY 894 bypass toward Madison. At end of bypass, follow signs to merge onto Highway 45 going North and follow directions, below, from Milwaukee.

From Milwaukee: North on Highway 45 past West Bend to Highway D. West on Highway D for six miles. Cedar Valley is on the left.

From Madison: Highway 151 east to Highway 33. Turn right and follow 33 through Allenton. Turn left on County WW, then right on County D for one mile. The retreat center is on the right.