

## **DDMBA – Michigan Chapter Year 2006 3-Day Ch'an Living Retreat**

**Objective:** Participants will learn variety of mindfulness practices such as sitting, standing, walking, excising, sleeping, working and eating meditation. Through engaging these practices participants will be able to bring a peaceful mind to their daily life. All programs are conducted in Chinese with English translation.

**Date:** 7 p.m. July 28, 2006 to 4 p.m. August 30, 2006

**Teacher:** Venerable Guo Chian

**Location:** Amitabha Village, Perry, Michigan

**Qualification:** Open to beginners and experienced practitioners

**Boarding:** We recommend that you stay overnights at the retreat place during the event.

Two choices of accommodation:

1. Sleeping on carpeted floors of Buddha hall (males) or Perry House (females).
2. Camping (please bring your own tent).

**Fees:** \$50 or \$30 (students)

(including meals, site setup, Ven. Guo Chian's transportation expenses).

Paid when check in.

**Registration:** Please e-mail or send the application form to:

Lina Wu

1337 Ramblewood Dr.

East Lansing, MI 48823

E-mail: [wulina@msu.edu](mailto:wulina@msu.edu)

**Registration Closing Date:** July 21, 2006

**Things You Need to Know:**

1. Please bring your toiletries, personal medication, and sleeping bag.
2. No drug, alcohol and cigarette.
3. The Center will not be responsible for the lost of your valuables.
4. Please wear loose and comfortable clothing.
5. The Center offers vegetarian lunch, and light breakfast and dinner during retreat. We encourage you not to bring non-vegetarian food with you.

**Contacts:**

Peter & Lisa Kong (517) 332-0003

Chung-Wen Chen & Lina Wu (517) 351-7077

彌陀村 Amitabha Village, 14780 Beardslee Rd., Perry, Michigan 48872

Direction (map on Website): I-96 exit 117 (Williamston) to Williamston Rd (north) for appx. 6.5 miles, Williamston Rd ends and becomes Beardslee Rd, 3rd house on the left.

Tel: (517) 675-2056      Website: [www.geocities.com/DDMBAMI](http://www.geocities.com/DDMBAMI)

**Sponsor:**

Dharma Drum Mountain Buddhist Association, Michigan Chapter

## 3-Day Ch'an Living Retreat Schedule

### Friday, 7/28/06

- 5:00 – 7:00 p.m. Check in and dinner  
7:00 – 9:00 p.m. Introduction of environment, rules, and program  
and teaching of fundamental meditation  
9:00 – 10:00 p.m. Shower time  
10:00 p.m. Sleep

### Saturday, 7/29/06

- 6:00 – 6:30 a.m. Wake up and freshen up  
6:30 – 7:00 a.m. Eight-form Moving Meditation  
7:00 – 8:00 a.m. Morning Practice  
8:00 – 9:00 a.m. Breakfast & shower time  
9:00 – 11:30 a.m. Meditation & yoga exercises learning and practice  
11:30 – 2:00 p.m. Lunch & shower time  
2:00 – 5:00 p.m. Meditation & yoga exercises learning and practice  
5:30 – 7:00 p.m. Dinner & shower time  
7:00 – 9:00 p.m. Meditation & yoga exercises learning and practice  
9:00 – 10:00 p.m. Shower time  
10:00 p.m. Sleep

### Sunday, 7/30/06

- 6:00 – 6:30 a.m. Wake up and freshen up  
6:30 – 7:00 a.m. Eight-form Moving Meditation  
7:00 – 8:00 a.m. Morning Practice  
8:00 – 9:00 a.m. Breakfast & shower time  
9:00 – 11:30 a.m. Meditation & yoga exercises learning and practice  
11:30 – 2:00 p.m. Lunch & shower time  
2:00 – 4:00 p.m. Meditation practice & experiences sharing

### Retreat Rules:

- Being on time
- No leaving class w/o permission
- No talking during retreat

### Sponsor:

Dharma Drum Mountain Buddhist Association, Michigan Chapter

**DDMBA – Michigan Chapter**  
**3-Day Ch'an Living Retreat Registration Form**

Date: \_\_\_\_\_

**Personal Data**

1. Chinese Name (if available) : \_\_\_\_\_ English Name: \_\_\_\_\_  
2. Sex :        Male:         Female:   
3. Age : \_\_\_\_\_        4. Occupation : \_\_\_\_\_  
5. Address : \_\_\_\_\_  
Phone & e-mail : \_\_\_\_\_

**Retreat Experience**

6. Have you studied meditation before ?    Yes         No   
7. If yes, what is the method ?  
\_\_\_\_\_

**Medical Information**

8. Health Condition : \_\_\_\_\_  
(For special health condition such as a heart problem, please state the nature of problem and current condition.)  
9. Allergies to any kind of food ? \_\_\_\_\_

**Boarding**

10. Choices of accommodation :  
 a. Sleeping on carpeted floors of Buddha hall (males) or Perry House (females).  
 b. Camping (please bring your own tent).  
 c. Others \_\_\_\_\_

**Fees**

11. Fees : \$50 or \$30 (students) paid when check in.

**Registration:**

Please e-mail or send the application form to:  
Lina Wu  
1337 Ramblewood Dr.  
East Lansing, MI 48823  
E-mail: wulina@msu.edu

**Registration Closing Date:** July 21, 2006

**Acceptance**

Due to limited spaces or other considerations, your application may be denied. The Center will notify you as soon as your application has been approved. Thank you for your interest.

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