



# Mid America Dharma

Offering Insight Meditation to the Heartland

March – May, 2016

Dear Retreatant,

Please read this letter. Even if you have attended past retreats with us, you will find some different information here.

Thank you for registering for the non-residential retreat with Anushka Fernandopulle, May 20-22, 2016.

This will be held at the Hollis Renewal Center, 11414 Kansas Avenue, Kansas City, KS. A map of the vicinity, with a link to Google Maps for driving directions and information about nearby lodging, is available on the registration website: <http://retreat1605.homestead.com/>

Also note that a limited number of beds may be available at Hollis. We are told these may be communal and bunk bed style, and there is a suggested donation of \$50 nightly per person. Please contact Hollis directly and speak to Dave Mareske, Executive Director at 913-441-0451.

## Retreat Schedule

Friday, May 20

6:00 – 7:00 PM Registration

7:00 – 9:00 PM Retreat begins

Saturday, March 21 \*\*

9:00 AM – 5:00 PM

Sunday, May 22 \*\*

9:00 AM – 3:00 PM

\*\* Please bring a sack lunch both days.

We strongly encourage you to make the most of this opportunity by being present at the beginning of the retreat and staying until the retreat is officially over. Also, please do your best to sustain the continuity of the retreat experience throughout the weekend. We encourage you to do whatever you can to maintain a quiet environment at home.

Items provided at the retreat site:

- Chairs will be available in the back of the meditation hall for your use. There will also be a limited number of cushions and benches.
- Mid America Dharma provides a complimentary tea table furnished with a variety of teas, coffee and hot chocolate. Ceramic mugs will be available for each retreatant.

Items to bring:

- Wear comfortable, loose fitting clothing and bring a blanket or shawl to use in the meditation hall.
- If you wish to go outdoors for walking meditation bring walking gear appropriate for the weather.
  
- Please bring your own meditation cushion or bench, if you use them, and a soft pad for the floor. Any extra meditation cushions, benches or firm pillows that you are able to bring would be appreciated. Please mark them with your name.

Please refrain from wearing perfumes, after-shave or strongly-scented lotions. Some people become physically ill in reaction to scented products.

Please lock valuables in your car. Neither Mid America Dharma nor the retreat center can be responsible for items that are lost or stolen.

### **Cancellation Policy**

If you need to cancel and notify the registrar before the registration closing date, May 6th, we will refund all fees you have paid. With later advance notice, refunds are subject to the discretion of Mid America Dharma leadership. No refund will be given if we are not notified of canceling before the start of the retreat.

### **If You Fall Ill**

Retreatants with contagious illness create unnecessary risks for themselves, their fellow retreatants and staff.

If you fall ill prior to the retreat, do not attend unless you have been free of major symptoms for at least a full day. By this we mean no fever, chills, sweats, serious coughing, nausea or diarrhea, etc. Your temperature must be normal without the use of fever reducing medicines (aspirin, ibuprofen or acetaminophen). As soon as you decide not to attend, please notify the registrar. We will make every effort to refund your paid registration fee.

In any event, please cover all coughs and sneezes. If you feel you may need to leave public areas suddenly, please sit near an exit so you can leave and return with a minimum of disruption.

### **A Final Note – About Dana**

Please note that neither we nor our teachers have the means to accept credit or debit cards, or any form of electronic payment. Your dana support is very much appreciated, but will need to be offered as cash or check.

We've tried hard to provide all the information you need on the retreat website. Please check there first if you have any questions, but do feel free to call or email me if you need any assistance.

With metta,  
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