

# Taking Refuge in the Island of Self

When the Buddha was about to pass away, he told the assembly of monks and nuns, "My dear friends, take refuge in the island of self. Do not take refuge in anything else. When you go back to that island, you will find Buddha, Dharma, and Sangha there."



From Teachings on Love by Thich Nhat Hanh

February 29– March 4, 2012

## Five Days of Mindfulness Practice

with Dharmacharya Michael Ciborski and the Beginners Mind Sangha



Michael Ciborski lived for nine years with Thich Nhat Hanh and the monks and nuns in Plum Village. He served as chantmaster for the community and worked closely with Thich Nhat Hanh to organize and facilitate retreats in many countries around the world. He and his wife, Fern, have 3 children. They are in the process of creating MorningSun, an intentional spiritual community in New Hampshire based on mindfulness and regenerative living. Michael is someone who understands Taking Refuge and can help us generate and nurture it in ourselves, our Sangha, and our global community.

### Winter Retreat Schedule of Events:

**February 29**, Wednesday- 7:30-9:00 Dharma talk by Michael at Boise Yoga Center: 3313 W. Rose Hill

#### Non-residential Weekend Retreat at the Harris Ranch Clubhouse

**Retreat Cost: \$35**

**Teacher Dana: suggested \$100 or more**

**March 1**- Thursday evening session: registration 6:00-7:00pm, Orientation/Dharma Talk 7:00-9:00pm

**March 2** - Friday evening session: 6:00-9:00pm

**March 3**- Saturday full day session: 8:30am – 9:00pm (dinner and snacks provided)

**March 4**- Sunday session: 8:30am- 4:00pm

*Scholarships are available.*

### Information:

- ✿ Breakfast is to be eaten at home. Bring a sack lunch for Saturday and Sunday.
- ✿ Please bring your own pads, cushions, benches; chairs will be provided.
- ✿ Bring appropriate shoes for outdoor walking.
- ✿ Stories, songs, poems, and retreat experiences may be shared at closing circle.
- ✿ For registration and scholarship information contact Dave Sup: 208-342-4248 or email [davidsup1@aol.com](mailto:davidsup1@aol.com)

---

## Registration Form



# Taking Refuge in the Island of Self

February 29– March 4, 2012

Five days of mindfulness Practice with Dharmacharya Michael Ciborski and the Beginners Mind Sangha

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_ Do you need scholarship support?  Yes  No

Retreat Fee \$35

Teacher Dana: suggested \$100 or more

**Payment information:** Retreat payment may be combined with the teacher dana in one check made payable to **Beginners Mind Sangha**, or payment/dana may be made separately. Please indicate dana portion on check.

**Space is limited, so please register as early as possible.**

**\* Payment Options:**

- Mail to Dave Sup at: 4053 S. Oak Brook Way, Boise ID 83706
- Hand deliver to Dave Sup at Sangha on any Wednesday night
- Pay at Registration on Thursday, March 1st 6:00-7:00pm



\_\_\_\_\_ Amount enclosed