

# Venerable Yongey Mingyur Rinpoche

Garrison Institute, Garrison, NY

## The Heart of Meditation

June 25 – 30, 2009

During this retreat, Mingyur Rinpoche will guide participants in the core meditation practices of the Buddhist tradition with an emphasis on developing loving kindness and learning to transform the issues and frustrations of everyday life into joy.

## Mahamudra Level 1

June 30 - July 5, 2009

Rinpoche will explore the view and practice of the profound tradition of Mahamudra. He will focus on the practice of Bodhicitta, as well as the preliminary practices (ngöndro) that form the basis of path of Mahamudra.

### Registration

You are welcome to attend either or both retreats. If you are new to the path, you will need to attend the ‘Heart of Meditation’ retreat before qualifying for the ‘Mahamudra Level I’ retreat. Alternatively, to qualify for the ‘Mahamudra Level I’ retreat you must have a basic understanding of Buddhism and some prior meditation experience. To register for these retreats with Mingyur Rinpoche at Garrison Institute please download and print out the [registration form](#), fill out the details, including your payment, and mail or fax it to the address provided on the form. Please make checks payable to Garrison Institute.

### Deposit

In order for your registration to be accepted you must include payment in full if you are attending either the ‘Heart of Meditation’ or ‘Mahamudra Level I’. If you are attending both retreats you must include payment for ‘Heart of Meditation’ and the balance of your retreat fee is due and payable at check in on

opening day.

### Accommodation & Retreat Fees

#### Five day retreat (either one)

Garrison has single rooms, double rooms and dormitories. The fee for a single room for either five night retreat is \$540, for a double room is \$465, and for a dormitory is \$390. Garrison offers a reduced rate for guests willing to take on a daily house job. Fees for this retreat with a house job are reduced by \$30 per person to \$510 for a single room, \$435 for a double room, and \$360 for a dormitory. It is also possible, if you make arrangements for other accommodation in the area, to stay off site and commute to Garrison each day. The fee for commuters is \$330. Please indicate your room preference and whether you are willing to do a house job in the appropriate place on the registration form.

#### Ten day retreat (both back to back)

The fee for a single room for both five night retreats, back to back, is \$990, for a double room is \$840, and for a dormitory is \$690. Garrison offers a reduced rate for guests willing to undertake a daily house job. Fees for this retreat with a house job are reduced by \$60 per person to \$930 for a single room, \$780 for a double room, and \$630 for a dormitory. It is also possible, if you make arrangements for other accommodation in the area, to stay off site and commute to Garrison each day. The fee for commuters is \$570. Please indicate your room preference and whether you are willing to do a house job in the appropriate place on the registration form.

### Teacher Support

In an effort to keep the cost of this retreat as low as possible, we set the retreat such that it just covers the cost of room and board at the retreat and additional operating overheads. It does not include a donation for Mingyur Rinpoche. At the conclusion of the retreat you'll have the opportunity to make a contribution to support Mingyur Rinpoche and his teachings.

### Cancellation Policy

Cancellations are accepted up until June 24, 2009, the day before the retreat starts, if you are attending

'The Heart of Mediation' and June 30, 2009, if you are attending 'Mahamudra Level I' only. An administrative fee of \$60 will be charged for all cancellations. All cancellations go to the scholarship fund.

### House Jobs

If you choose to do a house job you will be asked to help Garrison Institute maintain the facility and serve the group while there. Jobs normally take about one hour per day and are done after breakfast, except those jobs connected with lunch or dinner. None of the jobs involves heavy manual labor or requires special skills. Examples are dish washing, pot washing, meal service, bathroom cleaning, and general cleaning of common rooms.

### Work Scholarships

A handful of full work scholarships are available for this course. Guests on a work scholarship are expected to contribute four (4) hours worth of work a day for the length of their stay. If you are interested in a scholarship please call the Registrar for availability at (845) 424-4800, Ext. 106.

### Check In

Check in for the first retreat will be from 3:00 pm to 6:00 pm on opening day, Thursday, June 25, 2009. Check in for the second retreat will be from 3:00 pm to 6:00 pm on opening day, Tuesday, June 30, 2009. Please don't arrive before 3:00 pm on opening day. Check in will be followed by dinner from 6:00 pm to 7:00 pm with the first teaching period after dinner.

### Check out

The first retreat will end by noon on the closing day, Thursday, June 30, 2009. Lunch will be served for guests leaving that day and there will be a final closing ceremony that morning. Guests leaving that day will need to vacate their rooms by 10:00am to accommodate new guests arriving for the second retreat starting the same day. The second retreat will end by noon on the closing day, Sunday, July 5, 2009. Lunch will be served for guests leaving that day and there will be a final closing ceremony that morning.

## Preparing for the Retreat

For more information about attending retreats at Garrison Institute including directions of how to get there, please go to <http://www.garrisoninstitute.org/retreats.php?type=guests>