

Winter Retreat at MABA
January 2nd through March 29th , 2012

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Monastics at MABA will observe the traditional 3-month Rains Retreat, which has existed since the time of the Buddha. This will be an opportunity for studying and deepening our practice, as well as applying the teachings in daily activities.

If you have a regular meditation practice, you are welcome to apply to attend the retreat

Those who have an established meditation practice are welcome to apply to attend all or part of this retreat. With apologies, this year we are not able to accept people who are new to practice during this retreat, as the monastic community currently does not have the means needed to help beginners take advantage of such a retreat opportunity. In addition, we ask that applicants arrive and depart on Sundays, staying for at least one week. Everyone, of course, is more than welcome to on Sundays for our slightly-modified regular Sunday schedule. Please [see our website](http://www.maba-usa.org) for more information on how to apply (www.maba-usa.org).

The weekly schedule, as listed below, will alternate between 2 Practice Weeks and a Study Week.

| <u>Study Week:</u> <u>(Monday to Saturday)</u> 1/2 – 1/7, 1/23 – 1/28, 2/13 – 2/18, 3/5– 3/10, 3/26-3/29 | | <u>Practice Week:</u> <u>(Monday to Saturday)</u> 1/9 – 1/14, 1/16 – 1/21, 1/30 – 2/4, 2/6 – 2/11, 2/20 – 2/25, 2/27 – 3/3, 3/12 – 3/17, 3/19 – 3/24 | |
|---|-------------------------------------|---|-------------------------------------|
| 5:00am | Wake Up | 5:00am | Wake Up |
| 5:20 | Exercise | 5:20 | Exercise |
| 5:40 | Sitting Meditation | 5:40 | Sitting Meditation |
| 6:35 | Morning Service | 6:35 | Morning Service |
| 7:30 | Breakfast | 7:30 | Breakfast |
| 8:00 | Cleanup, personal time | 8:00 | Cleanup, personal time |
| 9:00- 11:50 | Studies | 9:00-11:50 | Sitting/Walking Meditation |
| 12:00 noon | Lunch/Clean Up/Personal Time | 12:00 noon | Lunch/Clean Up/Personal Time |
| 2:00pm | Studies/Readings | 2:00 | Walking/Sitting Meditation |
| 4:00 | Working Meditation/Evening Exercise | 4:00 | Working Meditation/Evening Exercise |
| 5:00 | Light Snack/Personal Time | 5:00 | Light Snack/Personal Time |
| 6:00 | Studies/Readings | 6:00 | Walking/Sitting Meditation |
| 7:00 | Sitting Meditation | 7:45 | Evening Service |
| 7:45 | Evening Service | 8:00 | Personal Study |
| 8:00 | Personal Study | 10:00 | Rest |
| 10:00 | Rest | | |

Date of Arrival and Departure

Sunday is our only arrival/departure day for each weekly session. We recommended a minimum stay of one week, and not recommended for beginner. If you cannot stay for one week, you can participate in our regular Sunday Service.

Severe/Snowy Weather: *Please note that in the event of a severe snowstorm, the Sunday Service will be cancelled, due to possible dangerous driving conditions.*

If you wish to stay longer than two weeks, please write a letter to us to express your motivation and previous experience beforehand. The community will make a decision only after your first two weeks stay at MABA, based on your capacity to live in harmony with the community and your commitment to the practice. Thank you for your understanding.

Accommodation, Food and Cost

The lodging at MABA is simple with only dormitory rooms. You are provided with a mattress. The dormitories are heated in the winter. All meals are vegetarian. Unfortunately, we are limited in our capacity to accommodate people who have special dietary or medical needs.

Cost is by donation only. (Please note that our monastery & activities are funded by Donations.)

What to Bring

Towels and toiletries (toothbrush, hand lotion, deodorant, etc.), bed sheets, warm sleeping bag, pillow and personal items: alarm clock, flashlight, warm clothing, umbrella and footwear for cold and rainy/snowy weather in the winter, and slip-on shoes that can be easily removed for entering meditation halls and living quarters. Trips into town discouraged, so please bring any items that you know that you will need.

Registration

You can register by mail by filling in the registration form and sending it to us with your contribution. Again, the registration form may also be obtained from our website: www.maba-usa.org.