

Winter Retreat at MABA

Jan 3rd through March 26th, 2011

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

Study Week: (Monday to Saturday) 1/3 – 1/8, 1/24 – 1/29, 2/14 – 2/19, 3/7– 3/12		Practice Week: (Monday to Saturday) 1/10 – 1/15, 1/16 – 1/22, 1/31 – 2/5, 2/7 – 2/12, 2/21 – 2/26, 2/28 – 3/5, 3/14 – 3/19, 3/21 – 3/26	
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/Work at the Monk House	8:00	Cleanup/Work at the Monk House
9:00	Studies/ Work at the Monk House	9:00	Sitting Meditation/ Work at the Monk House
10:00	Studies/Reading	10:00	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		
7:00	Walking/Sitting Meditation	6:00	Walking/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 some practice experience is recommended also. 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. 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. The registration form may also be obtained from our website: www.maba-usa.org.