



Sponsored by the Insight Meditation Community of Washington
and Unitarian Universalist Church of Arlington

A Day of Mindfulness

With

Stig Regli & Jon Waterman

Saturday, August 9th, 2008

9:00 a.m. to 5:00 p.m.

Unitarian Universalist Church of Arlington

**4444 Arlington Boulevard
Arlington, Virginia 22204**

The day will include sitting meditation, walking meditation, and mindful eating. It will include short dharma talks, guided meditations, a brief time for questions, but will be mostly held in silence. This daylong is oriented for practitioners with all levels of experience. Please bring a bag lunch, sitting cushion or bench and some form of cushioning for the floor. Chairs are available.

Registration fee: \$10, \$20, \$30. The base offering registration fee of \$10 covers direct costs for this event. Your payment of the higher levels includes a tax-deductible donation (of \$10 or \$20) to IMCW. Your generosity enables us to contribute to indirect costs, keep course fees low.

Your generosity also supports **scholarships** for persons otherwise unable to attend the retreat. If you would like to make a tax-deductible contribution, please add the donation to your registration check and indicate the amount you are offering on the registration form.

Any additional donations you wish to offer to the teachers at the end of the day are also tax-deductible (a portion of this donation also goes to IMCW; teacher donation checks should be made payable to IMCW).

For information and to register contact Stig Regli
stigregli@comcast.net or 703-534-9767

Registration Form and driving directions on back

Driving Directions to:
Unitarian Universalist Church of Arlington
4444 Arlington Boulevard
Arlington, Virginia 22204

From Washington,

1. Take the Roosevelt Bridge to Route 50 west. Drive about 3 miles.
2. Go PAST the exit for Glebe Road. Look for the George Mason Drive exit on the right.
3. At the George Mason Drive exit, drive up the exit ramp to the stop light.
4. At the stop light, turn left onto George Mason Drive to cross over Rt. 50. Get in the right lane.
5. The Church is immediately on the right side of the road past the stop light. Turn right into the driveway.

From the Beltway,

6. Take Route. 50 (Arlington Blvd.) East towards Washington, DC.
7. Exit at George Mason Drive on your right.
8. At the stop light, make a right onto George Mason Drive. . The Church is immediately on the right. Turn right into the first driveway.

Or,

1. Take Route. 66 East to the Glebe Road exit.
2. Go south on Glebe Rd. to the stop light at Wilson Blvd.
3. Turn right onto Wilson Blvd. and drive to the stop light at George Mason Drive.
4. Turn left (south) on George Mason Drive and continue until you cross over Route 50 (Arlington Blvd.) where there are two stop lights.
5. Church is immediately on the right past the second stop light. Turn right into the driveway.

From Arlington points north or south of the Church, travel to George Mason Drive and then head towards Rt. 50.

To register, detach and mail the form below with your check (payable to IMCW) to:

Stig Regli
6528 27th St N
Arlington, VA 22213

Refund Policy:

1. \$10 of the registration fee is non-refundable. If you contact Stig by phone, email, or snail mail **before May 10th**, the balance of your registration will be refunded. Issuing a refund check may take 2-4 weeks.
2. You have the option to receive a refund check or to offer the balance of the registration fee as tax-deductible donation to the IMCW Scholarship Fund. Please let Stig know your preference at the time of cancellation.

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Yes, I/we would like to register for the Aug. 9th, 2008 **Mindfulness Day-Long Retreat**

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

I have enclosed my **Registration Fee of \$10; \$20 or \$30 (circle one)**
I have included a contribution to the IMCW Scholarship Fund of \$ _____
Please make check payable to IMCW