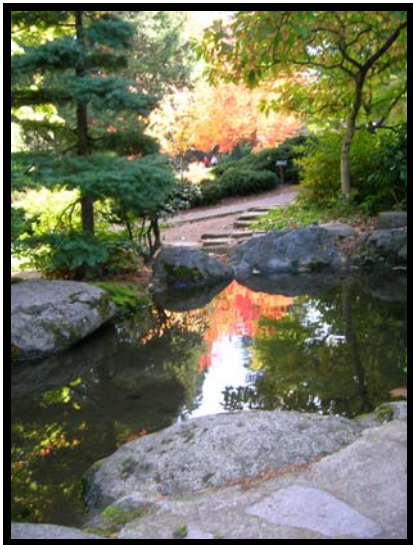


## FRANK OSTASESKI

Frank Ostaseski is founder of the Zen Hospice Project & the Metta Institute. Frank is a dynamic, original, and visionary teacher. His public programs throughout the United States and Europe have introduced thousands to the practices of mindfulness meditation and compassionate care of the dying. His groundbreaking work has been widely featured in the media, including the Bill Moyer's television series *On Our Own Terms*, *the Oprah Winfrey Show*, and in numerous print publications. In 2001, Frank was honored by the Dalai Lama for his years of compassionate service to the dying and their families. In 2003, he was named one of America's 50 most innovative people by AARP magazine.



### About the Metta Institute

The Metta Institute is a non-profit organization encouraging the spiritual dimensions of living, dying and transformation through professional training, and educational programs.

The innovative *End-of-Life Care Practitioner Program* is one of the most comprehensive training programs in the country. The goal of the training is to establish and support a national network of educators, advocates and guides for those facing life-threatening illness and the individuals and systems that serve them.

**For information about  
The Metta Institute and Frank's  
teaching go to:**

[www.mettainstitute.org](http://www.mettainstitute.org)

### Retreat Information Contact:

Patty Winter RN

541.580.5630

[patty@mettainstitute.org](mailto:patty@mettainstitute.org)

or

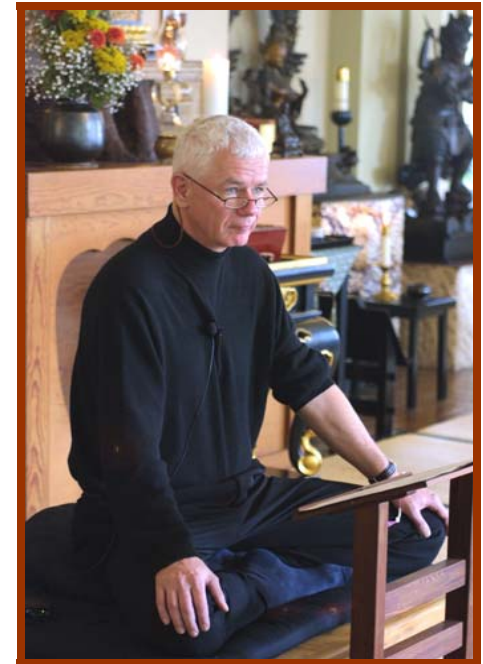
Mary Clark, RN, BSN

541.261.2467

[mphclark@jeffnet.org](mailto:mphclark@jeffnet.org)

5<sup>th</sup> Annual

## Opening to Life Meditation Retreat



**Five-day Residential  
Meditation Retreat**

With

**Frank Ostaseski**

**September 9<sup>th</sup> -13<sup>th</sup>  
2009**

**St. Rita's Retreat – Gold Hill, OR  
(Ashland/Medford Area)**

*"In any form of service we must begin by caring for ourselves in a mindful and loving way. In fact, our ability to live in this fresh moment is actually the measure of our capacity to be of any real service." - Frank*

This is a silent meditation retreat. Frank will be teaching Insight Meditation, a Buddhist meditation, that has been practiced for over 2,500 years. Frank's presentation of this practice is non-sectarian and all faiths are welcome. No prior meditation experience is required.

Beginning with focusing attention on the breath, the practice concentrates and calms the mind and body. It allows us to see through the mind's conditioning and habitual behaviors thereby freeing us to be more fully in the moment.

Frank will offer meditation instruction, daily talks and experiential exercises to aim our attention toward issues related to service and loving-kindness.

All participants will have the opportunity to meet with Frank in small interview groups. This silent retreat will alternate periods of sitting and walking meditation enhanced by mindful movement to help us connect body, mind and heart.

## REGISTER SOON!

Space limited to 31 people  
This retreat fills early.  
To guarantee your place we suggest you register immediately.

If the retreat fills, we maintain a waiting list. If you are wait-listed there is a good chance that you will be accepted one month to two weeks prior to the retreat. Wait listed people receive a full refund of their deposit.

**Submitted for approval for 7.75 contact hours NASW, Board of Behavior Sciences**

## LOGISTICS

The Retreat begins at 3-5pm on Wednesday and ends at 1:00 on Sunday

Within one month of the retreat Registrants will receive information via email or mail regarding directions, retreat schedule and logistics.

## St. Rita's Retreat Center -

One half hour from Ashland and 15 minutes from Medford, Oregon, surrounded by pines and colorful gardens, St. Rita's Retreat is a place of Peace. The grounds include walking trails and a labyrinth.

Three meals are lovingly prepared daily with a blend of healthy, fresh, mostly vegetarian dishes.

All Rooms are double occupancy with private bathroom and shower.

## Tuition: \$450

Includes accommodations and meals

## Registration

By check, cash or money order. We cannot accept Credit Cards.

**Payable to:**

**Patty Winter**

**3340 SE Morrison St #322  
Portland, OR 97214**

Full payment \$450.00

Due by Aug 12, 2009

Deposit \$200.00 due at registration

Name \_\_\_\_\_

Attended in the past? Check this box if your contact information is the same. No need to fill in the form.

Male\_\_\_Female\_\_\_

Phone \_\_\_\_\_

email\_\_\_\_\_

Cell Phone\_\_\_\_\_

Address\_\_\_\_\_

Emergency contact \_\_\_\_\_

Phone # \_\_\_\_\_ Relationship\_\_\_\_\_

Dietary needs\_\_\_\_\_

Prior meditation experience \_\_\_\_\_

**Full payment is due Aug 12<sup>h</sup>, 2009**

*Refund Policy: Deposits are refundable minus a \$25.00 cancellation fee prior to Aug 12<sup>h</sup> 2009. There is no refund of the deposit if you cancel within 1 month of the retreat. However, you may be able to transfer your registration.*