



# An Invitation to Come In From the Cold!

A Day of Meditation with  
Molly Swan  
March 13, 2010

Together, let's see if we can melt the winter blues with the warmth of sitting and walking together, supported by the silence of retreat in the tradition of Insight Meditation (*Vipassana*).

New & experienced meditators are most welcome!

- Location:** Orchard Park, Ignatius College, Guelph
- To Register:** Pre-registration with full payment 14 days prior to each retreat is requested and greatly appreciated. To inquire or register, please contact Jacob Bali at 416 730-0036 or [j\\_bali@rogers.com](mailto:j_bali@rogers.com)  
**Please make cheques payable to Molly Swan, and send to:  
Jacob Bali, 38 Foursome Cr., Toronto ON M2P 1W3. Thanks!**
- Cost:** \$15.00  
\*\*we intend that no one will be denied the opportunity to participate because of financial difficulty.
- Time:** Registration from 8:30 – 8:45 a.m. Retreat 9:00 – 4:30 p.m.  
  
Please bring your own lunch. A refrigerator is available for our use.
- Dana:** Following the Buddhist tradition, teachers freely give the teachings without financial compensation. Registration fees cover solely the expense of the retreat. Donations for Molly's support will be accepted at the retreat.

**Molly Swan** has been engaging in spiritual inquiry and meditation practice since 1985, both in Asia and the West. She has been teaching Insight Meditation retreats internationally since 1997, as well as offering support to individuals and groups. Please check this web site for additional information:

[www.insightmeditationretreats.ca](http://www.insightmeditationretreats.ca)