



Join the Quad City Meditation Group for a DAY OF MINDFULNESS

# “Understanding & Developing the Spacious Mind”

A Meditation Retreat with DAVE HASKIN, O/I, member of the Snow Flower Sangha, Madison, WI

Saturday, January 14<sup>th</sup>, 10 am – 4 pm

St. Ambrose University Christ the King Chapel

Registration fee \$15. Please register by January 10<sup>th</sup>

Retreat Details & Registration...

**Cost: \$15**

The price reflects only the expenses of holding this retreat and includes no compensation to the instructor. A donation (dana) to the teacher is encouraged (more info provided at time of retreat).

**Financial Assistance:** A limited number of scholarships are available. Please contact Leslie at [les.leslie@gmail.com](mailto:les.leslie@gmail.com) for more information.

**Lunch:** Lunch will not be provided. Retreatants are encouraged to bring a sack lunch.

**Deadline:** To ensure a spot, please register early for the retreat. The deadline is January 10<sup>th</sup>. If you wish to register after the deadline please contact Leslie at [les.leslie@gmail.com](mailto:les.leslie@gmail.com).

**Registration:** By U.S. mail only. Confirmation will be provided by e-mail.

**To Register:** Make checks (\$15 per person) **payable to Quad City Meditation** and mail with registration form below to:

**Quad City Meditation c/o**

**Leslie Ross Ferm**

**1524 Elm St.**

**Davenport, IA 52803**

**REGISTRATION FORM: PLEASE WRITE LEGIBLY, DETACH BELOW, & MAIL WITH PAYMENT**

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“Understanding & Developing the Spacious Mind” Retreat with Dave Haskin

Enclosed is \$15 retreat fee \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

(please print clearly, as further retreat details will be sent via e-mail)

Is this your first mindfulness retreat? \_\_\_\_\_

How did you hear of this retreat? \_\_\_\_\_

For more info, please see <http://meditationqtc.org/>  
or contact Leslie at [les.leslie@gmail.com](mailto:les.leslie@gmail.com)