

Chaos and Clarity: The Practice of Mind Training

In theory, there's no difference between practice and theory; in practice, there is.
-Yogi Berra

Despite numerous theories and explanations and all sorts of advice, life is a pretty chaotic affair. Whether it's a relationship, a career choice, or a vacation, we intend one thing, but something else happens, and we often don't realize what's going on until it's too late.

Perhaps it's because we don't see things clearly. And, even if we do, we seem unable to translate that clarity or compassion into action.

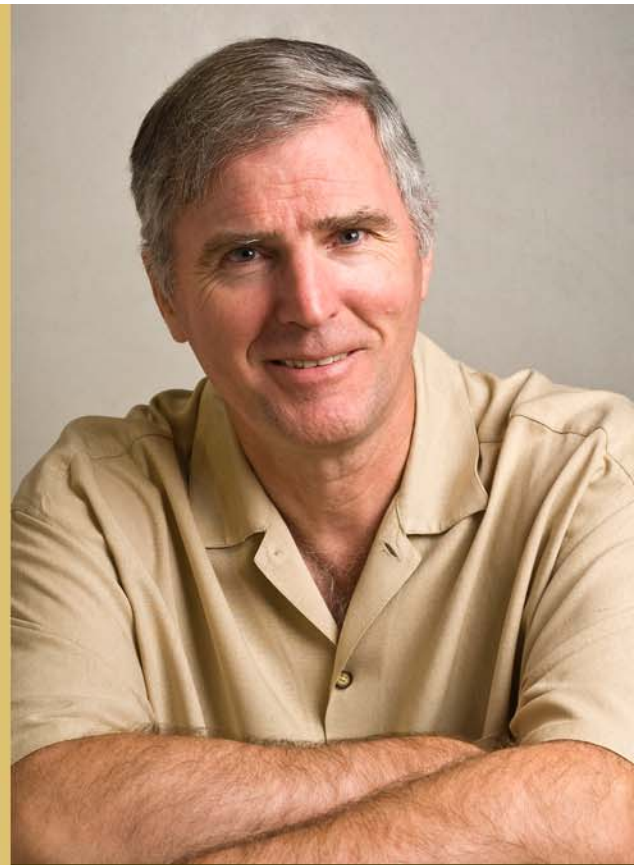
Something gets in the way.

This retreat focuses on Mind Training, a centuries-old practice that was once a carefully guarded secret transmission. This practice refines our experience of life so we can act with clarity and compassion. It's embraces all aspect of experience and we will work simultaneously with the mind of the body, the mind of emotion, and the mind of awareness.



Registration before January 15th
\$275.00 + GST = \$288.75

Registration after January 15th
\$350.00 + GST = \$367.50



Ken McLeod began his studies in 1970 with the Tibetan meditation master, the Ven. Kalu Rinpoche. After receiving training in the Kagyu, Shangpa, and Nyingma traditions of Buddhism in Tibet, he was authorized by Kalu Rinpoche to teach and guide others in their practice. A translator and author, Ken established Unfettered Mind in 1990 and is the Executive Director .

www.unfetteredmind.com

April 23rd - 26th, 2009

Thursday: 5-9pm

Friday/Saturday: 9am-4pm

Sunday: 7am-12pm