

LONG BEACH MEDITATION

OCTOBER 2009

WEEKEND MEDITATION RETREAT

INFORMATION PACKET

WHEN:

Friday, October 9, 2009 to Sunday, October 11, 2009

WHERE:

Mary & Joseph Retreat Center
5300 Crest Road, Rancho Palos Verdes, CA 90275
(310) 377-4867 www.maryjoseph.org

WHAT:

This silent retreat, taught by Victor Byrd, includes sitting and walking meditation, yoga sessions, eating meditation, daily dharma talks and it concludes with metta practice (lovingkindness). We break silence on Sunday afternoon with a talking circle. On-going instruction in Vipassana meditation technique is given. Everyone is welcome to join us, regardless of your level of experience. Our mission at LBM is to support one another's journey from the unreal to the real, and this is an opportunity to truly experience this support within the structure of a retreat.

RETREAT OPTIONS AND FEES:

Residential:

Single Room: \$410
Double Room: \$330

Commuter:

All Day Saturday: \$135

Deposit:

Residential Weekend: \$75
Saturday Commuter: \$25

What These Options Include:

The single room has two beds and a private bathroom. Linens and towels are provided. Please note, availability of single rooms is limited. All meals are included.

The double room has two beds and a private bathroom. Linens and towels are provided. All meals are included. Please indicate "roommate preference," if you have one, on the registration form. (If you don't have a preference, we will match gender.)

The Saturday Commuter attends the retreat all day Saturday (but does not stay overnight). The hours are from 6:00 A.M. to 10:00 P.M. Three meals are included.

MEALS:

The meals are vegetarian. (If you have special dietary needs, please let us know).

Friday: Dinner (5:30 P.M.)

Saturday: Breakfast (8:30 A.M.), lunch (12:30 P.M.) and dinner (5:30 P.M.)

Sunday: Breakfast (8:30 A.M.) and lunch (12:30 P.M.)

Tea, coffee and water are available all day.

DATES AND TIMES:

FRIDAY, October 9, 2009

Registration: Begins at 2:00 P.M. Friday, October 9, 2009

Dinner: 5:30 P.M.

Retreat Begins with Orientation: 3:15 P.M.

SATURDAY, October 10, 2009:

First sit begins at 6:00 A.M.

Last sit ends at 10:00 P.M.

Saturday Commuters are welcome to join us the entire day.

SUNDAY, October 11, 2009:

First sit begins at 6:00 A.M.

The retreat ends at 2:00 P.M.

Space is limited and it's first come, first serve. Later this year, we will open our retreat to the general public. But, first and foremost, we are a sangha and we want you, our members, to have first dibs at attending this retreat.

REFUND POLICY & WAITING LIST:

The retreat must be paid in full by Friday, September 25, 2009 (two weeks before the retreat).

If you cancel before September 25, your deposit will be returned, less a \$25 administrative fee.

If you cancel after September 25, your payment will be refunded (less the administrative fee of \$25) **only if** we are able to fill your room. Commuters on Saturday will receive a \$110 refund (after the administrative fee is deducted).

The availability of single rooms is limited. (If you snore, please arrange for a single room.) If you prefer a single room and they are already booked, we will put your name on a waiting list, but you will need to register for a single (\$410). If a single does not become available and you take a double, we will refund the extra \$80.

FINANCIAL ASSISTANCE: Longer retreats deepen our practice in ways that are mysterious and inexplicable. We want everyone who is drawn to this experience of silence to join us.

We are offering full and partial scholarships for this retreat (as we do for all of our retreats). If you need financial assistance, please contact Victor at (562) 804-5570 or email him at victorbyrd@longbeachmeditation.com.

CONTINUING EDUCATION UNITS

Long Beach Meditation is a CEU's provider for health care professionals who are interested in earning continuing education units at our retreats:

Weekend participants earn 15 CEU'S. (The additional administrative fee is \$25).

All day Saturday commuters earn 10 CEU's. (The additional administrative fee is \$15)

HOW TO REGISTER:

There are three ways to register:

1. Pay online (Paypal) via www.longbeachmeditation.com.
2. Mail your registration fee to:
Long Beach Meditation
P.O. Box 227,
Long Beach, CA 90801
(checks are payable to Long Beach Meditation)
3. You may bring your payment to one of our Sunday Sits and give it to our teacher or one of the Executive Committee members (Victor, Ann, Peggy, Lois & Wally).

Please complete the attached Registration Form and include it with your payment.

(You may also download the Registration Form from our website and follow the *return* email instructions online).

WHAT TO BRING:

- ✓ Your own sitting gear and yoga mat. Chairs will be available. The floor of the zendo is carpeted.
- ✓ Comfortable, loose fitting clothes and socks.
- ✓ Blanket and/or shawl for sitting.
- ✓ Shoes that are easy to slip on and off.
- ✓ A cherished item to place on the altar.
- ✓ Please don't wear scented perfumes. Be sure to turn off cell phones and other electronic devices.
- ✓ For residential yogis, please bring necessary clothing and personal items for a two-night stay.
- ✓ AN ALARM CLOCK!

WHAT YOU NEED TO KNOW ABOUT MARY AND JOSEPH:

- ✓ This is a smoke-free facility. Candles, incense and cigarettes are not permitted in the bedrooms. Please keep your personal belongings with you at all times.
- ✓ Meals are served buffet style and cleared 45 minutes after mealtime begins.
- ✓ The electronic Entrance Gate closes at **10:00 P.M.** and opens at **5:30 A.M.** The Exit Gate (right side) opens automatically when you pull forward.
- ✓ There is a public phone outside the zendo and another near the Annex Building. There is limited cell phone reception on the hill.
- ✓ The Emergency message phone number at Mary & Joseph is 310-377-4867 (extension 245)

DIRECTIONS:

The Mary & Joseph Retreat Center overlooks the greater Los Angeles area and is located in the South Bay at the top of the Palos Verdes Peninsula near Crenshaw Blvd. at 5300 Crest Road in Rancho Palos Verdes, California 90275. The retreat center is approximately 30 minutes south of downtown Los Angeles, 20 minutes south of LAX and about 30 minutes west of Long Beach Airport. (Please note there is a Crest Road within 3 blocks of the Pacific Coast Highway and the Crenshaw intersection, this is not the correct Crest Road. They are quite a distance uphill on the top of the Palos Verdes Peninsula.)

From Orange or Riverside County:

Go north on the San Diego/405 or west on the Riverside/91 Freeway to the Harbor/110 Freeway-South. Exit the Harbor/110 on Pacific Coast Hwy-West, turn right at the bottom of the off ramp. Continue on PCH to Crenshaw Blvd. Make a left turn (south) on to Crenshaw and proceed uphill approx. 2 miles to Crest Road at the top of the hill.

From the North or LAX:

Go south on the San Diego/405 Freeway to Crenshaw Blvd. Go south on Crenshaw Blvd thru Torrance, cross PCH and go up the hill. Proceed on Crenshaw to Crest Road at the top of the hill.

WHEN YOU REACH CREST ROAD: At the intersection of Crenshaw Blvd. And Crest Road, the sign for St. John Fisher can be seen on the far left corner. Turn left on to Crest Road, then turn right into the third driveway and enter our gate. Parking is to the left and Registration is to the right.

**For more information, please email our Retreat Coordinator, Emily, at
weekendretreats@longbeachmeditation.com
or call Long Beach Meditation at (562) 804-5570 and leave a message.**

ABOUT OUR TEACHER:

Victor Byrd, Psy.D, guiding teacher at Long Beach Meditation, began his spiritual journey studying Hatha yoga in India and teaching at the Integral Institute in New York City and the United Nations. He practiced Zen until discovering Vipassana at the Insight Meditation Society, in Barre, Massachusetts. Since 1987, he has attended numerous three-month retreats and studied with notable teachers, including Joseph Goldstein, Sharon Salzberg, U Panditta, Ruth Dennison and Shinzen Young.

In 1990, Dr. Byrd moved to California where he earned a Masters and Doctorate in Psychology. He is in private practice as a Marriage and Family Therapist in Long Beach, California. The interplay between Western psychological work and Eastern spiritual practice has been the core of his inner work for decades and defines his approach to meditation.

Thank You!
LONG BEACH MEDITATION
www.longbeachmeditation.com

LONG BEACH MEDITATION

WEEKEND MEDITATION RETREAT

Friday, October 9, 2009 to Sunday, October 11, 2009

REGISTRATION FORM

NAME:	
PHONE NUMBER:	
CELL PHONE:	
EMAIL ADDRESS:	
STREET ADDRESS:	
CITY & STATE:	ZIP CODE:
EMERGENCY CONTACT PERSON:	
PHONE NUMBER:	
PLEASE CHECK ONE: SINGLE ROOM (\$375) _____ DOUBLE (\$300) _____	
ROOMMATE PREFERENCE (DOUBLE ONLY):	
SATURDAY COMMUTER: (\$125) _____	
FOOD SERVICE IS VEGETARIAN. DO YOU HAVE SPECIAL DIETARY OR OTHER NEEDS?:	
(The kitchen will do their best to address your needs, however, you may need to bring special food items with you).	

We ask that you sign a standard yoga waiver at the retreat. Anyone who chooses not to participate in the yoga sessions or is uncomfortable signing this waiver is welcome to sit with us at the retreat and do other forms of meditation during the yoga sessions. You may request a copy of this waiver.

Please snail mail this, along with you payment, to Long Beach Meditation, P.O. Box 227, Long Beach, CA 90801 or download this form online and email to weekendretreats@longbeachmeditation.com. Thank you!