

Long Beach Meditation Weekend Meditation Retreat Information Packet

Friday, October 8, 2010 through Sunday, October 10, 2010

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

A silent retreat taught by Victor Byrd, this weekend includes sitting and walking meditation, gentle yoga, eating meditation, and daily dharma talks. Each day's practice concludes with metta chant, the practice of loving-kindness. We break silence on Sunday afternoon with a talking circle. During the weekend, ongoing Vipassana meditation guidance is provided making this retreat appropriate for all levels of experience. Everyone is welcome.

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: \$420 - \$100 Deposit
Residential Double Room: \$335 - \$100 Deposit
Saturday Non-Residential: \$138 - \$30 Deposit

Residential Amenities: Six meals are provided over the course of the weekend and are served buffet style in a communal dining room. All rooms have two beds and have a private bathroom. Linens and towels provided.

Please note that availability of single rooms is limited. If you are reserving a double room, please indicate any roommate preferences on the registration form. If you do not list a preference, we will match according to gender.

Non-residential attendees join the retreat all day on Saturday from 6:00AM to 10:00PM and share the three meals scheduled for that day.

MEALS

Tea, coffee, water and light snacks are available in the Zendo retreat space throughout the day. Meal preparation is vegetarian. If you have special requirements not supported by a vegetarian diet, please specify them in your registration application. Retreatants are notified of meal times by a bell and are asked to maintain silence throughout the meal.

Friday Dinner 5:30 PM
Saturday Breakfast 8:30 AM lunch 12:30 PM and dinner 5:30 PM
Sunday Breakfast 8:30 AM and lunch 12:30 PM

RETREAT SCHEDULE

FRIDAY, October 8, 2010

Registration Opens at 2:00 PM and closes at 3:00PM
Retreat Orientation in Zendo 3:15 PM
Dinner 5:30 PM
Last sit ends 10:00 PM

SATURDAY, October 9, 2010

First sit 6:00 AM
Breakfast 8:30 AM
Lunch 12:30 PM
Dinner 5:30 PM
Last sit ends 10:00 PM

SUNDAY, October 10, 2010

First sit 6:00 AM
Breakfast 8:30 AM
Lunch 12:30 PM
Talking Circle 1:00 PM
Retreat ends at 2:00 PM

REFUND POLICY & WAITING LIST

Registration and room availability are on a first come, first served basis. A deposit of \$100.00 is required for residential retreat reservation and \$30.00 for non-residential reservation. The balance of retreat fees must be paid in full by Friday, September 10, 2010, four weeks before the retreat.

If you need to cancel before September 10th, your deposit will be returned, less a \$25 administrative fee. For cancellations after September 10th, your payment will be refunded less an administrative fee of \$25 **unless we do not fill your room**. In this case, your payment will be refunded less a \$225.00 cancellation fee. A \$55.00 cancellation fee applies to non-residential cancellation after September 10th.

The availability of single rooms is limited. We ask that you arrange for a single room if you are prone to snoring. If you prefer a single room and they are already booked, we will put your name on a waiting list. Your registration will be processed at the single room rate \$420.00 and you will be refunded the \$85.00 difference if a single room does not become available and you accept double accommodation.

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 scholarships for this retreat as we do for all of our retreats. If you need financial assistance, please ask: victorbyrd@longbeachmeditation.com.

CONTINUING EDUCATION UNITS

Long Beach Meditation provides CEU for health care professionals interested in earning continuing education units at our retreats. Please indicate this interest in your retreat application.

Weekend participants earn 15 CEU'S and incur an administrative fee of \$25.00

All day Saturday commuters earn 10 CEU's and incur an administrative fee of \$15.00

REGISTRATION

If registering online at www.longbeachmeditation.com, you can make your retreat deposit and fee payments through Paypal and download the Registration Form. To finalize registration, scan your completed registration form and email to weekendretreats@longbeachmeditation.com or mail to:

Long Beach Meditation
P.O. Box 227,
Long Beach, CA 90801

If paying by check, please make payable to Long Beach Meditation and include with your registration.

You are also free to bring your completed registration form and payment to a Sunday Sits and deliver to one of the Advisory Committee members (Patricia, Peggy or Victor).

Once we receive your full fee payment, we'll send out your retreat orientation package outlining the retreat check in / out process and other administrative matters.

WHAT TO BRING

- Your own sitting gear and yoga mat. Chairs will be available and the floor of the zendo is carpeted.
- Comfortable, loose fitting clothes and socks.
- Blanket and/or shawl for sitting.
- Shoes which 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!

MARY AND JOSEPH RETREAT CENTER

- 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 PM and opens at 5:30 AM 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.
- Cell phone reception on the hill is limited.
- The Emergency message phone number at Mary & Joseph is 310-377-4867, ext. 245

DIRECTIONS

The Mary & Joseph Retreat Center is located at 5300 Crest Road, Rancho Palos Verdes, California 90275 and overlooks greater Los Angeles from its vantage point atop Palos Verdes Peninsula.

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. NOTE: Some GPS devices list a Crest Road within 3 blocks of the Pacific Coast Highway and Crenshaw intersection; however, this is not the correct Crest Road.

Directions from Orange or Riverside County

Head North on the San Diego 405 Freeway 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 and continue on PCH to Crenshaw Blvd. Make a left turn onto Crenshaw and proceed uphill approximately 2 miles to Crest Road at the top of the hill. You will see the sign for St. John Fisher church to your far left. Turn left onto Crest.

Directions from the North or LAX

Head South on the San Diego 405 Freeway to Crenshaw Blvd. Continue South on Crenshaw Blvd through Torrance - approximately 4 miles – and as it crosses PCH continuing another 2 miles up the hill. At Crest Road you'll see a sign for St. John Fisher church to your far left. Turn left onto Crest.

Retreat Center Access & Parking

After turning left onto Crest Road, turn right into the third driveway on your right and enter through the gate. Parking will be to your left and Registration to the right. Signs will be posted directing you to the Long Beach Meditation retreat venue.

For more information, contact the Retreat Coordinator: weekendretreats@longbeachmeditation.com or call Long Beach Meditation at (562) 804-5570 and leave a message.

GUIDING DHARMA TEACHER

Victor Byrd, Psy.D, is the guiding teacher at Long Beach Meditation and will lead our retreat. He 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, Vivikenanda, and Shinzen Young.

In 1990, Dr. Byrd moved to California where he earned Masters and Doctorate degrees in Psychology. He recently retired from 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

Long Beach Meditation

LBM 2010 Weekend Meditation Retreat – Information Packet – www.longbeachmeditation.com

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REGISTRATION FORM

NAME:		
PHONE NUMBER:	CELL PHONE:	
EMAIL ADDRESS:		
STREET ADDRESS:		
CITY & STATE:	ZIP CODE:	
EMERGENCY CONTACT PERSON:		
PHONE NUMBER:	RELATIONSHIP:	
CHECK IF INTENDING TO APPLY FOR CEU CREDIT: <input type="checkbox"/> CHECK IF APPLYING FOR SCHOLARSHIP: <input type="checkbox"/>		
EARLY REGISTRATION: SINGLE ROOM \$395 <input type="checkbox"/> DOUBLE ROOM \$310 <input type="checkbox"/> COMMUTER: \$128 <input type="checkbox"/> NOTE: Early registration discount requires payment in full at the time of registration and closes August 8, 2010.		
PLEASE CHECK ONE: SINGLE ROOM \$420 <input type="checkbox"/> DOUBLE ROOM \$335 <input type="checkbox"/> COMMUTER: \$138 <input type="checkbox"/> Reservation requires deposit payment at the time of registration: \$100.00 Residential \$30.00 Commuter		
ROOMMATE PREFERENCE:		
FOOD SERVICE IS VEGETARIAN. PLEASE ADVISE OF ANY SPECIAL DIETARY OR OTHER NEEDS:		
(Although the kitchen will do their best to address your needs, however, you may need to bring special food items with you.)		
By applying for this retreat you are agreeing to the registration and cancellation policies outlined above.		
SIGNATURE:	DATE:	AMT ENCLOSED:

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.

Download this form online and email to weekendretreats@longbeachmeditation.com or mail with payment to: Long Beach Meditation
P.O. Box 227,
Long Beach, CA 90801

Thank you!