

**Ancient Bones Zen Retreat  
With Jack Duffy  
July 19<sup>th</sup> - 23<sup>rd</sup>, 2008  
Mountain Lamp Community**

We invite you to join us for five days of sitting and walking meditation. There will be daily teisho and dokusan with Jack Duffy. The schedule will be less intensive than sesshin, while still maintaining the spirit of sesshin.

The retreat begins with registration at 11am on Saturday July 19th and ends at 2:30pm on Wednesday July 23rd. Registration for the full retreat is required.

**MEALS:**

All meals are included and are vegetarian, including milk, eggs and cheese. If you have a medically prescribed diet, please call or email to advise us at least two weeks in advance.

**SLEEPING:**

We have limited indoor sleeping facilities, available on a first-come and need basis. Camping is encouraged. Facilities are rustic, however, there are indoor toilets and showers, as well as outdoor options.

**WHAT TO BRING:**

Bring clothes for sitting, working and resting, as well as rain coat, and a warm sweater. Good walking shoes. All personal toiletries, and a towel. Flashlight and bug juice. Bedding for indoor sleeping. Camping gear, if camping.

**RETREAT FEE:**      **Circle of Friends:**      camping \$185    indoor sleeping \$210  
                                 **Other friends:**              camping \$215    indoor sleeping \$240  
                                 **10% discount if registering for both retreats**

**QUESTIONS:**      **Please email Bethan at [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org)**

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**Ancient Bones Retreat Registration**

Please detach and mail to Mountain Lamp Community, P.O.Box 512, Deming, WA 98244 along with a \$100 deposit (non-refundable after June 8, 2008). Last day to register is July 8th.

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Name: \_\_\_\_\_

\_\_\_\_\_  
Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_\_\_  
Address: \_\_\_\_\_

\_\_\_\_\_  
City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_

\_\_\_\_\_  
Emergency Contact (Name and phone number): \_\_\_\_\_

\_\_\_\_\_  
I would like indoor sleeping      I will be camping

\_\_\_\_\_  
I can help with shopping      I can help with cooking

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