

FAMILY FUN RETREAT

Hello all,

As you know, our upcoming time at LTL's 2011 Family Fun Retreat is quickly approaching, and in no time at all we will come together to practice and live in conscious community. If you have not already done so, please review the 'Retreat Center Directions & Guidelines' documents on LTL's Calendar Page at:

<http://www.learningtolisten.info/pages/calendar/calendar.html>

Also, I wanted to bring special attention to the following:

BEDDING

Each participant is responsible for their own tent, bedding/sleeping bag, including towels

PRACTICE

Please bring a yoga mat and any cushion you like to sit on for seated meditation

HYDRATION & LIGHT & JOURNAL

A flashlight, water bottle, and journal may be good things to bring

CAMPFIRE

If some of you have access to firewood, I know that the center allows camp-style fires. We may not have the opportunity to have one, but it would be nice to have the option; please let me know if you intend to bring some firewood.

RIDES

Please let us know if you are looking for transportation to the retreat; we will do our best to connect you with someone who may be able to offer you a ride.

WORKING MEDITATION

Each participant will have a 'cooking meditation' job, something like helping out with food prep, dishes, meal design, or clean-up. Working meditation is a wonderful way to melt the line between what our mind labels as worthy/unworthy of our attention. Working meditation also allows us to truly be a community, as there is a 'critical mass' of community that makes a retreat like this a reality; without each of our offering this type of support, this retreat could not exist.

1) By each of us pitching in we are able to keep the retreat's cost at a reasonable level

2) By participating in this element of the retreat it becomes all the more clear that we depend on each other, and that the retreat could not take place without the role that each of us will play – a conscious community.

Please accept working meditation jobs openly (there will also be simple one time jobs as they arise). Thank you for your understanding; all of the participants will benefit from us each holding the space for practice and relaxation in this manner.

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Lastly, let me again welcome you to *Learning To Listen's* 2011 Family Fun Retreat. We look forward to forming a community based on the timeless principles of integrity, kindness, growth, celebration, family, and wisdom.

See you soon.

Thank you,

Jonathan

www.learningtolisten.info