

Mindfulness Retreats

at Green Mountain Coffee Roasters

with Shinzen Young

Green Mountain Coffee Roasters in Waterbury, Vermont continues to host Meditation Retreats led by Shinzen Young, author, meditation teacher and scholar. (These retreats are led by other instructors trained by Shinzen when he is not available).

These programs are designed both to teach Basic Mindfulness skills and to deepen those skills through guided practice and group discussions. They take place each month on a Saturday or Sunday. These Mindfulness retreats are offered **free of charge** to interested GMCR employees, their family and friends as well as members of the community-at-large.

The day is broken up into two sessions. You may participate in the morning session only, the afternoon session only or both sessions. The morning session presumes no previous experience in Mindfulness training or meditation. The afternoon session usually builds on the work of the morning. So unless you are already familiar with Shinzen's techniques, you should attend the morning session if you plan to attend the afternoon session.

Times		Location
MORNING	9:00 am to 1:00 pm	Green Mountain Coffee Roasters Administration & Finance Offices 81 Demeritt Place Waterbury, Vermont 05676
AFTERNOON	2:00 pm to 6:00 pm	

NO PRE-REGISTRATION REQUIRED: Simply come and enjoy!
COST: Free of charge

For those attending the retreat all day, there is a lunch break from 1:00 pm to 2:00 pm. You can either bring your own lunch or there are local restaurants available if you choose to eat out.

With the growing popularity of these retreats, the chairs and cushions (zafus and zabutons) available onsite are not always sufficient. If you have your own, it would be a wonderful help if you could bring them! And be sure to wear comfortable clothing.

2010 Schedule

SATURDAY, JANUARY 23RD	– LED BY OTHER INSTRUCTOR
SUNDAY, FEBRUARY 21ST	– LED BY SHINZEN
SUNDAY, MARCH 28TH	– LED BY SHINZEN
SATURDAY, APRIL 24TH	– LED BY SHINZEN
SATURDAY, MAY 15TH	– LED BY OTHER INSTRUCTOR
SATURDAY, JUNE 19TH	– LED BY SHINZEN
SUNDAY, JULY 18TH	– LED BY OTHER INSTRUCTOR
SUNDAY, AUGUST 22ND	– LED BY SHINZEN
SATURDAY, SEPTEMBER 18TH	– LED BY SHINZEN
SUNDAY, OCTOBER 17TH	– LED BY OTHER INSTRUCTOR
SATURDAY, NOVEMBER 20TH	– LED BY OTHER INSTRUCTOR
SUNDAY, DECEMBER 5TH	– LED BY SHINZEN

If you have further questions not answered by this information, email
meditation.gmcr@gmail.com.

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Driving Directions

From Boston, MA Area

- Take I-93 North to I-89 North. I-89 North crosses NH into Vermont (where the exit numbers will begin again with Exit 1).
- Take I-89 North to Vermont Exit 10 (Waterbury/Stowe).
- Coming off the exit ramp, take a left onto Rt. 100 South. You will come to a "T" at which you take a left onto Rt. 100/Rt 2 (No. Main St.).
- Go under the overpass and stay on this street. Continue past two traffic lights (No. Main St. becomes So. Main St.).
- After the second traffic light, you will go less than a mile and take a left onto Demeritt Place, which is a small street on the left between a gas station and an empty dealership building, and across the street from a Subway restaurant.
- Once on Demeritt Place, go over the train tracks and you'll see two GMCR buildings. The Administration & Finance Offices are in the building to the left. There is usually a sign posted on the front door of the building on the retreat dates.

From Burlington, VT

- Take I-89 South to Exit 10 (Waterbury/Stowe).
- Come off the exit ramp and veer to the right onto Rt. 100 South. You will come to an immediate "T" at which you take a left onto Rt. 100/Rt 2 (No. Main St.).
- Go under the overpass and stay on this street, continue past two traffic lights (No. Main St. becomes So. Main St.).
- After the second traffic light, you will go less than a mile and take a left onto Demeritt Place, which is a small street on the left between a gas station and an empty dealership building, and across the street from a Subway restaurant.
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From Waitsfield/Warren, VT

- Take Rt. 100 North toward Duxbury/Waterbury
- Rt. 100 comes to a "T" with Rt. 2/Rt. 100.
- Take a left onto Rt. 2. Go over the river and around the curve.
- You will go less than a mile and take a right onto Demeritt Place, which is a small street on the right between a gas station and an empty dealership building, and across the street from a Subway restaurant.
- Once on Demeritt Place, go over the train tracks and you'll see two GMCR buildings. The Administration & Finance Offices are in the building to the left. There is usually a sign posted on the front door of the building on the retreat dates.

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Local Lodgings

Old Stagecoach Inn

18 North Main Street
Waterbury, VT
(802) 244-5056

Best Western Waterbury Stowe

45 Blush Hill Road
Waterbury, VT
(802) 244-7822

Thatcher Brook Inn

1017 Waterbury Stowe Road
Waterbury, VT
(802) 244-5911