

**2010 JEWEL HEART WINTER RETREAT WITH GELEK RIMPOCHE**  
**YAMANTAKA MANTRA/TEACHING RETREAT**

**Friday, February 19 – Sunday, February 28, 2010**  
**1129 Oak Valley Drive, Ann Arbor, MI 48108 • 734 994 3387**

This retreat is open to those with Yamantaka initiation.

Questions - Contact [programs@jewelheart.org](mailto:programs@jewelheart.org).

Register early. Registration closes February 1. Late registration fee after February 1 is \$50.

**Please note:** Attendance of the entire retreat is required.

**RETREAT DATES/TIMES:**

Retreat begins Friday, February 19 with registration at 3:30pm. It begins with Orientation at 7pm and closes Sunday, February 28 following the fire puja. ***Recommend return flights with latest evening departure or the following day.***

**GENERAL SCHEDULE:**

Friday, 7pm – Orientation and start of retreat

Daily - morning through evening mantra retreat sessions with daily teachings

Sunday, close of mantra retreat and fire puja

**TUITION for 10 day retreat:**

\$450.00 Pledging members

\$550.00 Non-members

**\$150.00 deposit due February 1, 2010**

*Tuition includes tsoh offerings. Envelopes will be available for teacher offerings. Also, morning bagels/fruit, lunch soups, coffee/tea/snacks included. Dinner not included.*

Donations/contributions towards scholarships are most welcome.

You may enter your tax deductible contribution on the registration form.

**TRANSPORTATION:**

Shuttles from Detroit Metro Airport:

1. Select Ride Airport Shuttle – 866 663 8898 or [www.selectride.com](http://www.selectride.com) - \$37.00 per person from airport to Ann Arbor (includes \$7 parking fee). Reserve two days in advance, Return from AA to DTW is \$29.50 per person. Round trip is \$56.50 per person. \$37 one way.
  - a. Shared Ride - for 2 people roundtrip is about \$74, 3 people is \$82, 4 people is \$89, 5 people is \$97
2. Select Ride Cab Service is \$55 to \$65 (metered) and is offering a \$20 off meter for round trips.
3. Check AATA website for bus service information. [www.aata.org/routes.asp](http://www.aata.org/routes.asp).
4. Michigan Flyer - \$15 bus between AA and airport stops at the Four Points by Sheraton Hotel. Visit [www.michiganflyer.com](http://www.michiganflyer.com) for costs and schedule.
5. **To coordinate rental car sharing or pick-ups for Friday, February 19 and Sunday, February 28,** please contact Louis Daher at [daher.louis@gmail.com](mailto:daher.louis@gmail.com) before and no later than February 12, 2010.
6. **To inquire about transportation needs during the week of the retreat,** contact Louis Daher at [daher.louis@gmail.com](mailto:daher.louis@gmail.com).

**MEALS:**

Coffee, tea, snacks and bagels will be provided daily. A variety of soups/breads/cheese will be provided daily for the lunch period. You may wish to brown bag your dinner daily. Whole Foods is fast and nearby.

## LODGING:

**Sangha Lodging:** While many arrange sangha lodging directly, we are also happy to help as necessary. If you need assistance with sangha lodging or have space for a guest in your home, please indicate on the registration form and contact **Whitney Begeman** directly at [wjb@umich.edu](mailto:wjb@umich.edu) or call **734 552 9001**.

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**HOTELS:** *You are responsible for booking your accommodations.*

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### **EXTENDED STAY DELUXE DETROIT - ANN ARBOR**

3265 Boardwalk Dr.  
Ann Arbor, MI 48108  
Telephone: (734) 997-7623  
Fax: (734) 997-7633

Special Jewel Heart Rates:  
\$42.99 per night single (7+nights)  
\$52.99 per night double (1 - 6 nights)  
\$54.99 per night single (7+nights)  
\$64.99 per night double (1-6 nights)  
Call 734-997-7623 Code: Jewel Heart  
Hotel is designed especially for longer stays with studios featuring fully-equipped kitchens and plenty of work space and amenities.

- Kitchen: refrigerator, microwave, stovetop
- Workspace with computer data port
- Iron and full size ironing board
- On site guest laundry
- Dining and cooking utensils provided
- On site Fitness Facility
- Pet Friendly Room

### **EXTENDED STAY AMERICA ANN ARBOR**

1501 Briarwood Circle Dr.  
Ann Arbor, MI 48108  
Telephone: (734) 332-1980  
Fax: (734) 332-1988

Special Jewel Heart Rates:  
From \$39.99 per night (7+ nights) to \$49.99 (1-6 nights) for Queen Studio  
Call 734-997-7623 Code: Jewel Heart

Hotel is designed especially for longer stays with studios featuring fully-equipped kitchens and plenty of work space and includes Bally's Gym membership benefits.

- Kitchen: refrigerator, microwave, stovetop
- Workspace with computer data port
- On site guest laundry
- Dining and cooking utensils provided
- Free Bally's Gym Membership
- Pet Friendly Room

### **FOUR POINTS SHERATON**

3200 Boardwalk St,  
Ann Arbor, MI 48108  
(734) 996-0600

Special Jewel Heart Rates:  
\$89.00 per night  
Call: 800-368-7764 for reservations (by phone only, no discount online)  
Code: Jewel Heart

Amenities: Possible Shuttle service to Jewel Heart and Airport.

- Coffee Maker,
- Fitness Facility,
- Onsite Dining,
- Onsite Bar,
- Has Data Ports,
- Business Center,
- Onsite Car Rental

### **MOTEL 6 ANN ARBOR**

3764 S State St  
Ann Arbor, MI, 48108  
I-94 at exit #177, State St  
Phone: (734) 665-9900

Rates: from \$39.99  
No special group discount  
Within one mile of Jewel Heart

- Coin Laundry
- Outdoor Pool
- Wireless Internet
- Data Ports

- Free Expanded Cable
- Kids Free
- Pets Allowed
- Handicap accessible rooms
- Non smoking rooms
- Free morning coffee

### **RUDOLF STEINER HOUSE**

1923 Geddes  
Ann Arbor, MI 48105

(734) 662-9355

\$30 per night single rooms with kitchen privileges

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**LINK TO OTHER ANN ARBOR AREA HOTELS, MOTELS AND BED AND BREAKFASTS:**

[HTTP://ANNARBOR.TRAVELHERO.COM/INDEX.CFM/COUNTRY/US/STATE/MI/CITY/ANN\\_ARBOR/AID/225/INDEX.HTML](http://ann Arbor.TravelHero.com/index.cfm/country/us/state/mi/city/ann_arbor/aid/225/index.html)

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**Jewel Heart Winter Retreat – February 19 – 28, 2010**  
**Registration - Please complete entire form**

Return with **\$150.00** non-refundable deposit by **February 1, 2010**

Mail to: Jewel Heart, 1129 Oak Valley Drive, Ann Arbor, MI 48108  
fax: 734-994-5577 - email: [registration@jewelheart.org](mailto:registration@jewelheart.org)

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phones- Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Email(s) \_\_\_\_\_

I am a member of Jewel Heart yes \_\_\_\_\_ no \_\_\_\_\_  
I would like to become a member of Jewel Heart and take advantage of the retreat discount.  
Yes \_\_\_\_\_ Not at this time \_\_\_\_\_ (If yes contact JH registration at [registration@jewelheart.org](mailto:registration@jewelheart.org))

Number of registrants _____ at \$ _____	\$ _____
(\$450 member/\$550 non-member)	
I would like to make a donation to the scholarship fund	\$ _____
\$50 Late fee after February 1	\$ _____
Deposit	\$ _____
Total enclosed	\$ _____
Balance due at retreat	\$ _____

Cash \$ \_\_\_\_\_ Check # \_\_\_\_\_ \$ \_\_\_\_\_ Credit Card \$ \_\_\_\_\_

\_\_\_\_\_

Credit Card # (MC/VISA/Discover/AMEX) \_\_\_\_\_ Exp Date \_\_\_\_\_

Signature \_\_\_\_\_

**For sangha lodging coordination – contact Whitney Begeman at [wjb@umich.edu](mailto:wjb@umich.edu) or call 734 552 9001.**

I would like to stay in a Sangha member's home (please describe any allergies or special needs and whether or not you will have a car) \_\_\_\_\_

I have room at my home for retreat guests (please describe your proximity to JH and the available space- i.e. futon in den or spare room with twin beds, and if you have pets, etc.) \_\_\_\_\_

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