



# WHITE MOUNTAIN SANGHA

*Opening to a deep contentment in the moment itself;  
Joy bubbles up,  
Heart keeps expanding  
Seeing that identity is found not in mind but in the heart.  
Knowing the world can be seen clearly  
Only through heart and not in mind.  
This is Awakening.*

– Norman Scrimshaw

## SILENT RETREAT with NORMAN SCRIMSHAW & MARGARET FLETCHER

**You are warmly invited to join White Mountain Sangha Teachers  
in an intimate 3 days of silent meditation and inquiry into the truth of what you are.**

**THURSDAY, MAY 6, 5:30 p.m. – SUNDAY, MAY 9, 2 p.m.**  
**at the COPPERTOPPE INN & RETREAT CENTER, HEBRON, NH**

Norman and Margaret will be present to provide guidance on spiritual awakening through meditation, discourse and dialogue in the form of question-and-answer. Satsang, meditation, gentle movement, and silence throughout the weekend will provide the participants with the opportunity to discover the deepest nature that is part of them already, but still silent.

For more information, contact Cynthia Scrimshaw, [cynthia@whitemountainsangha.org](mailto:cynthia@whitemountainsangha.org) or 603-726-7346, or visit [whitemountainsangha.org](http://whitemountainsangha.org) and the CopperToppe Inn & Retreat Center website at [coppertoppe.com](http://coppertoppe.com)

<b>Early Registration Fee</b>	<b>\$375</b>
<b>Registration Fee, after April 1<sup>st</sup></b>	<b>\$425</b>
<b>Commuter Registration Fee</b>	<b>\$200</b>

*Cost includes accommodations for 3 nights lodging and vegetarian meals. Commuter registration fee includes all meals and full retreat event.*

**TO REGISTER:** Please complete the form below and mail with your deposit to:  
White Mountain Sangha • c/o Cynthia Scrimshaw • PO Box 2129 • Campton, NH 03223



Yes, I want to attend the Spring 2010 White Mountain Sangha retreat. Enclosed please find my non-refundable deposit of \$50 to reserve my place. I understand that on April 1 the remaining balance is due for early registration. Registrations made after April 1 are payable in full. Cancellation Policy: after April 15, the retreat registration fee is not refundable.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_