

Bart Smit

Welcomes You
to the
2009 Puerto Vallarta
Meditation Retreat



**Friday March 27 2009
to Friday April 3 2009**



The Annual Puerto Vallarta Meditation Retreat 2009

A Message from Bart Smit

March 27, 2009 marks the beginning of the fourth annual Bart Smit Puerto Vallarta Meditation Retreat. People with great hearts come to these retreats. Spiritual seekers, from the beginner to the advanced meditator, are offered the opportunity to go beyond their own barriers in meditation.

They come seeking a safe, nurturing, and supportive environment free of every-day activity where they can rediscover and reconnect with the purpose of their lives and the core of their beings.

They come seeking the sacred environment of Puerto Vallarta where they can be in union with nature, rest, and integrate the teachings in a generous midday break. They reorient their priorities and discover how to deal more effectively with the challenges in their lives.

This unique retreat includes not only meditation practice but also the groundbreaking teachings of Bart and Dr. Williams, tailored to the spiritual journey of contemporary western seekers. Each year has a focus and this year it will be the law of karma and consciousness.

The consciousness of humanity is unfolding and becoming more self-aware, leading us into a new experience and understanding of the soul in its many aspects. We have begun to understand that when we are sufficiently seated within our soul we create more meaningful and purposeful lives based on inner wisdom and consciousness.

We are reconnecting with an ancient part of our brain that has awareness and consciousness and is in union with the soul at all times. We are starting to know how to take responsibility for how we live and what we are thinking. We know that we can choose to respond instead of react and that we can choose how we relate to ourselves and to each other. Neglect of soul, denial, addictions, and attachment no longer seem to be choices we are willing to live with.

When the soul is neglected, it doesn't just go away. It appears symptomatically in depression, loss of purpose, loss of direction, distraction, and addictions. Our past temptations were to isolate these emotions or even try to eradicate them from our lives, thinking this would solve our problems. In the past, we lost our wisdom about the soul or awareness of it. Now we are developing the understanding that it is the vital core of our being.

We are beginning to understand that we have been resisting the natural movement of our soul. Historically we have identified with our egoic self, thinking that it was our soul and that our mind was our identity. Within the evolution of humanity we now understand that the mind is not a barrier but a portion of universal Consciousness with a tendency to congeal into thoughts or images.

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We are moving beyond a false sense of identity, and liberation is becoming a possibility. Culturally and emotionally we have learned to ride the adrenaline of emotions and time. We are regaining the sense of being in the moment and the meaning of the power of now.

The power of this moment is the dance of communication with our soul. The silent language of the soul is the impressions, sensations, and feelings that give clarity and reawaken us to our inner being.

Our better understanding of the egoic self has led us to the desire to understand the entrapment of duality. As we master our challenges, we gain wisdom. Love, intelligence, and wisdom are the true characteristics of soul Consciousness.

Bart's teachings incorporate, interconnect, and integrate the topics of psychology (the mind and human behaviour), philosophy ("Who am I really?"), neuroscience (how the brain is wired), quantum physics (the nature of reality), ego, and duality. These teachings integrate ancient Eastern philosophies and contemporary Western wisdom to speak to the modern world.

Meditation, consciousness, and karma are the main themes of the retreat. It is time to develop the understanding and awareness to deal with karma so that we can reorient our thinking and live conscious, harmonious, and balanced lives.

In ancient teachings the law of karma is portrayed as a strict law of cause and effect where each action, each desire, each thought produces its result with unfailing certainty. This makes perfection possible, for true knowledge is power, and when a person knows the law and works with it, he can produce any result he chooses. He becomes creator of his destiny.

In love and light,
Bart

To register for the Bart Smit Puerto Vallarta Meditation Retreat 2009 please see page #17.

For video clips of Bart and Dr. Williams' teachings, participant interviews, information about the hotel and Puerto Vallarta, participant comments and photo gallery, please see www.bart-smit.com.

Feel free to contact our office: 416.690.2345, bartsmit-office@rogers.com

About Bart Smit

For over twenty-five years deep trance channeler and spiritual teacher Bart Smit has touched the lives of over 30,000 people worldwide. He works with individuals in private session or by telephone. He teaches classes, workshops, lectures, and offers his annual retreat in Puerto Vallarta Mexico. Bart reaches an international audience and has been featured in major media in Canada, the United States, Mexico, and Europe.

Bart and Dr. Williams enrich people's lives, irrespective of the stage of their journey. Parents, housewives, couples, students attaining their doctorates, individuals running their own companies, therapists, Fortune 500 executives, monks, nuns, Sufis, swamis, movie stars and all kinds of individuals who have made a deep commitment to their own development sit with Bart and Dr. Williams.

Because he spends so much time in trance, he experiences different states of consciousness and has gained a wealth of knowledge about these very subtle states. This knowledge has led him to a deep understanding of the dance of inner liberation.

Bart has a remarkable ability to articulate the play of Consciousness to seekers and students of spiritual growth. His love for meditation and the inner realms is surpassed only by his great compassion and reverence for all of life. His sense of humour, lightness, and generous use of his own personal anecdotes allow his students' hearts to open and grow. Bart is a lover of the Truth who is able to invoke the deepest states, helping students to recognize and awaken their own inner journey.

Bart can explain, describe, and validate subtleties of consciousness that may be dismissed by the Western mind. His infectious nature inspires confidence. His loving support provides a comfortable setting that encourages students to dive deeply into exploration. He has the capacity to bring a whole room into a state of oneness. When you meditate with Bart, meditation becomes natural and alive.

As one seeker described it beautifully: "To travel this journey with an intellectual knowing of one's connectedness to God is comforting. To meet and spend time with Dr. Williams is to transform that knowing into absolute certainty. It is to experience unconditional love, to free oneself from blame and to know that a joyous life is God's wish for each of us. It is to be reminded of the sacredness of one's life and to be restored to awareness of one's own power of choice. If you can imagine all this delivered with a delightful sense of humour, then you have a small idea of what is in store (when you have a session with Dr. Williams.) A blessing on Bart and Dr. Williams." Paul M.

Bart contributes to the less fortunate by organizing a yearly concert with his musician friends to raise money for those in need. He has contributed sleeping

bags to the homeless and mosquito nets for children in Africa. He has assisted underprivileged children in Mexico to go to school and has mentored and empowered many teenage children among other humanitarian endeavours.

Bart was born 18 December 1961, raised in Mook, Holland, and moved to Canada in 1975. He considers his commitment to greater consciousness as a continuing journey of enlightenment and empowerment.

Bart Smit's Spiritual Teaching Philosophy

The spiritual teachings of Bart Smit embrace ancient Eastern philosophies and yogic texts. Many of these record the experiences of people who have gone into the inner realms and come to Self-realization. They include the accounts of poet-saints who tell of their meditation journeys, describing the highest possible state of human consciousness and how to attain it. These writings include Yogic scriptures such as Kashmir Shaivism, Vedanta, and the Upanishads. They remind us where we have come from and provide a map for our journey, illuminating the path to liberation.

Bart's teaching integrates ancient Eastern and contemporary Western wisdom to speak to the modern world. Examples include the following:

- psychology (the mind and human behaviour)
- philosophy (Who am I really?)
- neuroscience and how the brain is wired
- quantum physics and the nature of reality
- consciousness and subtle consciousness
- the physiological and spiritual aspects of Kundalini awakening
- the purification and transformation of each of the chakras
- the types of karma, the burning of karma, and the path of liberation
- ego, duality, and the veil of illusion
- understanding the Soul's natural movements and aspects

From these teachings Bart provides the tools for living more fully in the present. He emphasizes that we must change our consciousness to change our life. He reminds us that we are not our minds or our peptides! Our emotions are there to identify and give colour to what we are experiencing, but instead, we become attached to them.

Bart's teachings help us to become aware of the subtle inner realms so that we begin to recognize the majesty of our meditations; then we begin to recognize our own inner states. It is natural that the ego is continuously trying to distract us from meditation by judging meditation or looking for a "Hollywood experience". This cheats us from experiencing the fruits of our meditation.

As students who partake in Bart's classes and retreats, we are exposed to the subtle energy of Consciousness unfolding and invited to build the bridge from the mind to the heart. Bart's teachings not only invite, but also assist us to build that bridge. The passion he has developed inspires a shift in those who seek to grow in awareness and the power that is innately theirs.

"Knowledge liberates us and leads us to Consciousness."

Dr. Williams

There are many techniques meant to lead us to God, but meditation is the one most recognized by the saints and sages, because only in meditation can we see the Inner Self directly. That Being is our innermost Consciousness, and to have a direct experience of it we must turn within. Bart teaches that we cannot attain the Self simply by doing good actions or performing rituals. We attain the Self only through direct knowledge, which makes us one with God.

Many mediators become frustrated when their meditations do not evolve or deepen. It is not the purpose of meditation to wander aimlessly. Bart tells us a purpose for meditation is essential. We do not meditate only to relax a little and experience some peace. We meditate to unfold our inner Being. The Upanishad says: "Your heart is always throbbing, always pulsating, Focus your attention on this pulsation, And as you merge your mind into it, Your mind will experience the Truth."

Bart does not present a meditation technique, but rather establishes an atmosphere where meditation can take place. It is not so much a matter of method as of knowledge and understanding. When we focus our attention inward, meditation happens quite naturally. The mind is considered not as a barrier, but rather as a portion of universal Consciousness with a tendency to congeal into thoughts or images. Bart patiently assists seekers to find the witness beyond thoughts and emotions.

When the outer senses are withdrawn, the posture is aligned, and the body supported, the mind becomes still like the surface of a calm lake. When the breathing is allowed to become quiet and ultimately to become single, prana or life force flows, and the heart is experienced as the one indivisible sky of Consciousness, beyond the body and senses, accessed through the crown chakra. The mind is seated in the heart and we recognize the complete oneness of our individual Self and the Divine.

"One does not attain the Self, as the Self is already attained. The highest goal in life is to become one with the Self, and it is only through meditation that we can have a direct experience of the Inner Self."

Dr. Williams

The Law of Karma

It is time to develop the understanding and awareness to deal with karma. The law of karma basically states that every action, each desire, each thought has its own karmic ramifications. When one understands this law and works with it, one becomes the dominating creating force in one's life.

- The laws of Karma and Destiny
- Free will and choice
- Karma and Reincarnation
- Karma – past, present, future
- How karma affects us through life, death, and beyond
- Changing Karma, avoiding karma, and burning of karma
- Unconscious patterns of thinking and behavior – karmic tendencies
- How does karma effect us
- Forgiveness, Focus, and Intention

Consciousness

Consciousness is the intelligent, supremely independent, divine energy which creates, pervades, and supports the entire universe. As we become more aware of ourselves and how we are connected to everything, we begin to realize that we are Consciousness, or one expression of it. Everything springs from the underlying well of Consciousness. We can participate in this within ourselves as we develop our own consciousness or awareness.

- Aspects of Consciousness
- The Architecture of the Brain
- The ancient wisdom of the reptilian brain
- Ego Identification vs. the Inner Self
- Consciousness Creates Reality
- Consciousness and Karma
- States of Mind
- Weaving the Tapestry of Consciousness

Meditation

Why do we meditate? Meditation is the doorway to the soul. We meditate to change our consciousness and to get in touch with the truth of our own being and live in the experience of it. It is only through meditation that we can find lasting peace, divine peace.

- Meditation and burning Karma
- The True Purpose of our Lives
- Identification with our Body or Mind
- The majesty of meditation vs. a false Hollywood experience
- Recognizing our inner Self or soul
- The power of being present vs. soul neglect
- The natural movement of the Soul
- Going Beyond or Deepening our Meditations
- Breath is a Doorway—Mind Body Connection
- When breath becomes Prana
- Becoming the witness of the mind
- Building a bridge from the mind to the heart
- Seating the Mind in the heart

Arrival

Take a taxi from the airport to the Sheraton Hotel. Ignore individuals offering rides or time shares at the airport. Check into the Sheraton Hotel, unpack. Go swimming in the pool or ocean. Have FUN!

Date: Friday March 27th, 2009

Time: 5:00 p.m. to 5:45 p.m. Registration

Time: 5:45 p.m. to 6:30 p.m. Orientation

Where: Meditation Hall

Daily Retreat Schedule

Morning

6:00 – 7:00 Yoga (for those interested)

7:00 Hall clearing

7:30 Doors open

7:45 Everyone is seated

7:50 – 8:00 Morning opening chant

8:00 – 8:50 Meditation

8:50 – 9:10 Pause

9:15 – 10:30 Teachings

10:30 – 2:30 Beach time, rest or play, lunch time, etc.

Afternoon Saturday, Sunday, Tuesday, Wednesday

2:15 – 2:30 Hall clearing

2:30 Doors open

2:45 Everyone is seated

2:45 – 3:00 Instrumental/vocal

3:00 – 3:30 Chanting

3:30 – 4:15 Meditation

4:15 – 4:35 Pause

4:40 – 5:45 Teaching

5:45 – 6:15 Group

6:15 Evening closing chant

Afternoon Monday

2:15 – 2:30 Hall clearing

2:30 Doors open

2:45 Everyone is seated

2:45 – 2:55 Instrumental

2:55 – 4:00 Dr. Williams

4:00 – 4:20 Break

4:25 – 5:10 Meditation

5:10 – 5:30 Pause

5:35 – 6:20 Teaching

6:20 Evening closing chant

Afternoon Thursday

10:30 – 12:00 Beach time, rest or play, lunch time, etc.

11:45 Doors open

12:00 Everyone is seated

12:00 – 12:15 Instrumental

12:15 – 1:35 Dr. Williams

1:35 – 1:40 Instrumental

1:40 – 1:45 Closing chant

1:45 – 2:00 Closing ceremony

Attendance

In order to have the full benefit and experience of the retreat, we request that you please attend all sessions. Sometimes unknowingly the ego will distract or hinder us from being on time even if we are normally punctual. A person may, at the last minute, decide to skip a morning or afternoon session. Why? Because the ego scans our intuition, and will keep us from hearing the most important thing we are meant to hear. With this awareness, we can come from a place of grace and compassion for ourselves. Our absence or lateness distracts the group and breaks up the collective energy. So for yourself and the group we request that you attend all sessions.

Chanting

Bart is a mad lover of chanting. He has a deep understanding of our natural human impulse to sing and create a joyful sound which is the song of the heart and soul. When chanting with Bart, one experiences the mantra come alive. The mantra leads you, instead of you leading the mantra. Chanting is a form of meditation and it is a spiritual practice that assists participants in their meditation. It is one of the most effective ways of becoming absorbed in God's presence. It calms the restlessness of the mind and purifies the heart. It is our natural impulse to sing and create a joyful sound - the song of the heart and soul.

If you play an instrument and are interested in offering music Seva during the retreat, please let Robert know. This meditation retreat will include chanting to live music.

Seating

The chair that you choose at registration on Friday evening will be your chair for the week. This will serve to build up your energy and there will be less confusion for the group. Thanks for your cooperation.

What to bring

You may wish to bring the following things to enhance your meditation experience: a meditation shawl, a journal, ear plugs, flip flops, lumbar support cushion, and homeopathic body support.

Retreat Support Staff

Bart is very blessed with having a great support staff. Each member of the staff brings a unique quality and skill in the overall enhancement of retreat experience.

MC; Research; Teaching Assistant; Writer/Editor: **Carol C. Moore M.A., MFT**

is a licensed psychotherapist with an office in California. She specializes in working with clients on parenting issues. Carol's warm personality welcomes everyone with love.

Music & Chanting Program Coordinator; Sound & Recording Engineer:

John Wozencraft has a BA in Linguistics and Computer Science. John has worked in a variety of fields including software engineering, aviation, ayurvedic medicine, Waldorf education, and audio-video engineering. Most of all, John has a love for yoga, the pursuit of consciousness, and music to touch the heart.

Music & Chanting Program: **Laurie Weinberg** is a Certified Spiritual psychotherapist, Master Hypnotherapist, Certified Group therapist, Certified Couples' therapist, and Advanced Certified Nurtured Heart Approach Consultant with a successful practice in Toronto, Canada. Laurie has an honours BA in piano performance from the University of Buffalo School of Music and a Law degree.

Music & Chanting Program: **Miranda Reeves** has been a meditator for 40 years. She is an actress and a singer who studies internationally. She studied with an Indian Master musician to learn Indian Ragas and loves singing and chanting. Miranda has been studying Eastern philosophies for over 40 years.

Music & Chanting Program: **Melody Comrie** has been a seeker for the past 40 years. She has worked for over 30 years in production/project management in the Film & TV industry. Melody brings her diverse skills, can-do attitude, and her heart to the Retreat.

Hall Coordinator: **Judy Singer** has been meditating for over 25 years. She has been hall coordinator for retreats, events, and conferences for many years. She is an author and has written two books. Having had a career in business, she understands the challenge of making time for spiritual practices. She continues to offer her skills in organization and writing.

Hall Assistant: **Marion Kendz** has been meditating for over thirty years. She is a business woman with a career in the investment industry. She has studied Eastern philosophies and is deeply involved in her spiritual development while maintaining a busy career. Her sense of humor, endearing laugh, and wisdom make her a joy to be with.

Hall Assistant: **Helen Williams** has meditated for many years. She is a feng shui master and author of one book soon to be published. Life has now led her back into the corporate executive world. She is an invaluable member of the staff.

Hall Assistant: **Susanne Beique** discovered meditation through Kundalini yoga over 35 years ago, and has been meditating and contemplating for many years. She has had a successful career in the telecommunications and software industries for the past 30 years. She has recently completed certifications in Project Management and Business Management Fundamentals. She is a vital part of the Retreat staff.

Hall Assistant: **Barbara Reid** started her working life as a professional musician at the age of eleven and later attained a performance degree in Music (Voice and Piano). She also is a graduate in Interior Design. Barbara is a certified Psychoanalytic Psychotherapist who has been working with individuals and groups for the past twenty years, in private, agency, and hospital settings. She adores chanting and meditating and is thrilled to be a part of such a wonderful company of enlightened souls.

Hall Assistant: **Katie Coleman** is a business woman who has an amazing understanding of building and architecture. She has built several homes in the United States. She is easy to be with and understands the challenges of creating a balanced life.

Kundalini Yoga teacher: **Linda Racicot** worked in finance with a large communications company for 26 years. She discovered Kundalini yoga in 1994. While working, she became a certified KRI Kundalini yoga teacher and a certified Spiritual Psychotherapist. Linda now offers her services as a Kundalini yoga teacher (individual and groups) and Psychotherapist (individual and couples) in Toronto, Canada. Her wisdom, compassion, and intuitive gifts shine through in all that she does. Linda has a wonderful way with people and is very supportive.

Administration: **Robert Whyte** has been Bart's assistant in business for over 20 years. His empathetic listening skills, courage, and consideration have won the hearts of all of Bart's clients through the years. For over 35 years he was a Senior Administrative Officer for the Provincial Government. Robert's "practical advice" supports the retreat in many capacities.

Accommodation Negotiations: **Ann Marie MacDougall** has been mediating for the past 11 years. Ann Marie is a successful business woman who has been working in leadership roles within the financial industry for the past 20 years. She will be completing her certification in both Strategic Leadership and Spiritual Psychotherapy.

Video; Photography; Lighting: **Vincent Desrosiers** is an amazing individual who is working in the television and film business with a definite interest in documentary. Discreet and professional, he makes people feel comfortable around and in front of the camera. He supports the retreat in many ways.

Sound & Recording Technician: **Scott Thomas** has been on a path of seeking and spiritual growth for most of his life. Scott has an MBA from the Schulich School of Business and has worked in the real estate industry since 1990, initially with a boutique "brick and beam" developer and more recently with a large real estate advisor. Scott has recently completed certifications in both Conflict Resolution and Strategic Leadership. He cherishes the privilege of working with Bart and is grateful for the opportunity to offer his support.

Photography & Design: **Paula Goldman** has been a meditator for many years. Paula has worked most of her life in the design areas of furniture, clothing, and food. She is a successful business woman. She is creative, caring, and compassionate in all that she does.

Web & Graphic Design: **Pascal Desrosiers**, web designer by trade (www.pdwebcreation.com) and artist by nature.

Retreat Reservation

There are **four steps** to register for the Meditation Retreat (except Puerto Vallarta residents, STEP 2 only). Registration deadline is Sunday March 1, 2009.

STEP 1- Book a flight to Puerto Vallarta, Mexico

Arrival	Friday March 27th 2009
Departure	Friday April 3rd 2009

STEP 2- Register for Retreat with Bart Smit

Meditation Retreat fee is \$650.00 US currency (Same as last year)
To register, fill out the registration form and send it with a non-refundable deposit of **US \$350.00 (or pay in full)**, by US cheque, money order or cash in person. The balance of \$300.00 US cash is due on Friday, March 27th, 2009, during the course registration and orientation being held between 5:00 p.m. and 6:30 p.m. at the Meditation Hall in the Sheraton Buganvilias Hotel, Puerto Vallarta, Mexico.

STEP 3- Reserve Accommodation

Sheraton Buganvilias Hotel **** www.sheratonvallarta.com
Each individual will call to make his or her own reservations, at 1 800 433 5451. Please use this telephone number only.
M/F 9:00 a.m. to 5:00 p.m. Pacific Time (3 hours later for Toronto).
Please identify yourself as being a part of the group named **Meditation Retreat**.
Please write down your **hotel registration confirmation number**.
Very reasonable pricing has been negotiated. See accommodation detail p.18.
All participants are required to stay at the Sheraton Buganvilias Hotel, unless you are a resident of Puerto Vallarta. In order to confirm your reservation, a one-night non-refundable deposit is required. Any registered participant who cancels will be required to pay for 3 nights' hotel fee, plus tax.

STEP 4- Email or Call Bart's Office

It is important that you email Bart's office with the following information at bartsmit-office@rogers.com or call Robert 416 690 2345:

1. Name of airline, date and time of departure, and arrival in Puerto Vallarta, traveling companion.
2. Hotel confirmation number.
3. Single or double occupancy and with whom.
4. Your full name on your passport.

Accommodation Detail

Sheraton Buganvilias Hotel ****

Room rate below is applicable for the week of the retreat

Friday, March 27th to Friday, April 3rd, 2009

Single or double occupancy same rate which is exceptional!

The room rates are exceptionally discounted and only available for the retreat participants and guest.

Resort rate is in US currency \$123.00 per night

2% occupancy tax per night \$2.46

Club Level rate is in US currency \$174.00 per night

2% occupancy tax per night \$3.48

Butler (club level rooms only) \$4.00 per room per night

Maid, per room, \$3.00 per night.

Bellman, per person round trip \$6.00 (1 time fee).

All charges will automatically will be added to your daily bill.

Room rates do not include any meals.

No more 15% tax on the room rate this year.

All participants are required to stay at the Sheraton Buganvilias Hotel, unless you are a resident of Puerto Vallarta.

Rates for extra days at the Sheraton: We negotiated the same room rate for 7 days before (March 20th till March 27th) and 7 days after the retreat (April 3rd till April 9th - **Easter Week**). This is subject to room availability at the time of reservation. The earlier you book, the greater the availability.

Special Buffet breakfast 7:00 AM at La Villita restaurant in the Sheraton is \$14.00 per person including tip and tax. (Does not include room service)

Mega grocery store is down the road where you can buy fruit, cereal, yogurt, or something else that is VERY LIGHT and easy to digest, but that will keep you filled up till the break at 10:30am. This will save you time and money!

Spa treatments: retreat participants will be eligible for a 10% discount on spa treatments the week before, the week of, and the week after the retreat.

The Sheratons' Children's Club please contact the Sheraton.

For retreat reservation, cancellation and refund policies, expectations and responsibilities, video, audio and photography waiver/copyright and hotel policies, please see the registration form on pages 19 and 20.

Registration Form

Registration deadline is Sunday March 1, 2009

Participant

First name Last name Email

Address Province/State Country

Postal/Zip code Telephone Home Telephone W

Contact person in case of emergency

First name Last name What is your relation to this person?

Address Province/State Country

Postal/Zip code Telephone Email

Hotel and Retreat Reservation, Cancellation and Refund Policy

Payment for participation in the Retreat: The fee for the 2009 Puerto Vallarta Meditation Retreat (the "Retreat") is \$650.00 US (same as last year).

To confirm your participation, deliver your \$350.00 US non-refundable cheque, money order, or cash on or before Sunday March 1, 2009, in person, by mail or FED EX at the address at the end of this form.

The balance of \$300.00 US must be received at the address at the end of this form on or before Sunday March 1, 2009, and payment may be made by cheque, money order, or cash. Alternatively, cash payments only may be made on Friday March 27th 2009 during the course registration and orientation being held between 5:00 p.m. and 6:30 p.m. at the Meditation Hall in the Sheraton Buganvilias Hotel (the "Hotel"), Puerto Vallarta, Mexico.

Refund for any monies paid above the non-refundable \$350.00 US deposits for the Retreat will be given only for unforeseen causes beyond Bart Smit's control, such as Bart Smit or his family's illness, acts of God, war, civil disturbances or cancellation of the Hotel for similar reasons.

The Hotel requires me to advise you

The Hotel required me to advise you of some of their reservation and cancellation policies. Please direct your inquiries to the Hotel staff.

A non-refundable credit card payment for one night must be made directly to the Hotel to confirm a room at the Hotel at the low price negotiated for the Retreat participants. It is your responsibility to advise the Hotel upon making your reservation of your participation in the Bart Smit Meditation Retreat to have access to the lower rate.

Please note that once your hotel accommodation is reserved, your credit card will be debited for 3 nights at full room rate if you subsequently cancel your hotel reservation.

If you decide not to pay the full amount of the Retreat by March 27th, 2009 but still want to stay at the Hotel, you will no longer be eligible for the lower hotel rate for participants of the Retreat, and the Hotel will charge you the full room rate for each night of your stay at the Hotel.

Expectations and Responsibilities

Bart Smit is not responsible for individual travel plans, flight reservations, flight insurance, hotel reservations, health issues (it is recommended that you speak to your physician before traveling), health insurance, theft, damage, accident, death, loss, and bodily injury.

All participants are expected to arrange their own travel plans, including flight reservations, flight insurance, Hotel reservations, travel insurance, and take full responsibility for doing so.

Sound, Video, Audio, Photography Waiver/Copyright

For good and valuable consideration, including the right to participate in the Retreat, I hereby:

- (1) give my full authorization to Vincent Desrosiers, Bart Smit and their staff to record on any medium my person or my voice (collectively referred to as my "Information") which Information is available as a result of my participation in the Retreat, and
- (2) Grant Vincent Desrosiers and Bart Smit the right, under copyright or other, to use, broadcast, reproduce, repurpose, adapt, promote, or distribute, including over the internet, any of my Information in any form or format, in perpetuity.

For the consideration, I hereby release, acquit and forever discharge Vincent Desrosiers, Bart Smit and their staff from any and all rights, actions, causes of actions, claims and demands, which I ever had, now have, or may hereafter have in any way arising out of the collection, capture or use of my Information.

For the consideration, I hereby agree not to make any claim or take any proceeding against any other person or corporation who might claim contribution or indemnity, either at law or in equity from the persons discharged by this Release.

For the consideration, I hereby release Vincent Desrosiers, Bart Smit and their staff for any bodily injury, death or loss or damage to property arising out of, in relation to, or in any way connected with, participating in the Retreat.

Registration deadline is Sunday March 1, 2009

My signature below attests to the fact that I have read and understand the above information, and agree to the terms of this document.

X Sign here

Please send this form to:

Bart Smit, 87 Fallingbrook Road Scarborough Ontario, Canada M1N 2T7

Travel Information

Customs

Customs will require you to fill out a form on the plane for Puerto Vallarta customs. Make sure the back of the form is signed in the designated space. When you pass through customs, the bottom part of the form will be returned to you. This is your tourist visa for the duration of the stay. Do not lose it. You will be required to hand it in before you depart Puerto Vallarta. PLEASE PUT THIS FORM IN YOUR HOTEL ROOM SAFE. The form will ask you where you are staying - Sheraton Hotel Address: Blvd Francisco, Town: Puerto Vallarta, State: Jalisco, Country: Mexico, Telephone: 226 0404. Customs will ask the purpose of your stay. Because of their limited English, they are looking for 2 words: vacation and hotel name. They do not understand the phrase Meditation Retreat.

Medical & Travel Insurance

The travel industry recommends medical & travel insurance. Speak to your travel agent and look for competitive pricing.
www.bluecross.ca/travelinsurance.html
www.lhplans.com

Identification Documents

The travel industry recommends that your passport is valid for 6 months or longer than your intended travel time. If you do not have the proper documentation for boarding, the airline may refuse boarding. Two photo identifications are required; passport and driver's license is suggested. Embassies recommend that a photocopy of both is carried so that a replacement passport may be obtained quickly in the case of loss. Otherwise, it may take up to 14 days for replacement. Your passport, driver's license, credit card, cash and valuables should be safeguarded at all times.

Currency – Peso Exchange

Do not exchange money in your own country. Canadian and USA banks offer unfavourable rates. A higher rate of exchange is available locally in Puerto Vallarta. If you have a bank card, withdraw funds from your account back home at an ATM machine in Puerto Vallarta. ATM's are located throughout the city. Avoid exchanging money at your hotel. Traditionally, hotels offer unfavourable rates!

Water

Mexico tourism states that for the fifteenth year in a row Puerto Vallarta's water has been awarded a certification of purity for human consumption. However, many of the water pipes are still old. Bottled water is recommended. The Sheraton does have a water purification system.



"Bart, we are excited once again that you have chosen the Sheraton Baganvillas Hotel for the fourth time to host your 2009 Meditation Retreat. The Sheraton truly stands for excellence and comfort and is pleased that you will bring such positive energy into our magnificent ocean front property."

Registration deadline for the 2009 Puerto Vallarta Meditation Retreat is Sunday March 1, 2009

Private sessions are available in person or by phone for worldwide access.

For video clips of Bart and Dr. Williams' teachings, participant interviews, information about the hotel and Puerto Vallarta, participant comments and photo gallery, please see www.bart-smit.com.

The first DVD with Bart Smit and Dr. Williams; The Puerto Vallarta Retreat 2007 is available for sale at www.bart-smit.com. The Puerto Vallarta Retreat 2008 DVD will be available soon.

For more information about Bart Smit and the 2009 Puerto Vallarta Meditation Retreat please visit www.bart-smit.com or phone 416.690.2345.