

Renewing Our Lives, Deepening Our Practice

*A Mindfulness Retreat in the tradition of Thich Nhat Hanh
January 24-26th, 2014*



A dedicated personal meditation practice serves as the foundation of ever-deepening understanding of ourselves and the nature of our joy & suffering. This retreat offers an opportunity to start the new year consciously watering positive seeds within ourselves.

Lay Dharma Teacher: Cheri Maples

Cheri received dharma teacher transmission from Zen Master Thich Nhat Hanh in 2008. She has worked as a clinical social worker, a police officer and as assistant attorney general in Wisconsin. She is co-founder of the Center for Mindfulness and Justice. Her experience as a social justice advocate has been incorporated into her teaching of the Dharma and her practice of engaged Buddhism.

Non-residential retreat at Queen's House of Retreats, Saskatoon

Suitable for beginning and experienced students of meditation, our practice will include sitting and walking meditation, dharma talks, and dharma discussion. Please plan to attend all sessions:

Friday: 7pm-9pm, Saturday: 9am-9pm, Sunday: 9am-4pm

Register by January 17th. Total cost is \$140; full payment is due on January 17th. Participants interested in making the retreat residential should contact Queen's House to make arrangements for overnight accommodation. Our retreat leader does not charge for her teachings and, following tradition, there will be an opportunity to support her teaching by making a donation.

Contact Paulette Caron at p.caron@sasktel.net or phone 373-0610.

Registration forms available at: <http://mindfulsaskatoon.ca/>

This retreat is organized by the Saskatoon Community of Mindful Living: <http://mindfulsaskatoon.ca>