

Awakening Self-Awareness

A Mindfulness Retreat in the tradition of Thich Nhat Hanh

January 4-6th, 2013



Zen Master Thich Nhat Hanh has said that “each thought, each action in the sunlight of awareness, becomes sacred.” In any moment, we can take refuge in this awareness. This retreat will explore how to be more aware and awake in each moment - revealing the love & awareness that is our true nature.

Lay 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 December 28th. A deposit of \$50 by December 28th will secure your place at the retreat. Total cost is **\$150**; full payment is due at check in on Jan. 4th. 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.

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

Contact Ken Sailor at ken.sailor@gmail.com, or phone 665-3430.

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