

# *Resiliency in Challenging Times*

*A Mindfulness Retreat in the tradition of Thich Nhat Hanh  
October 22-24th, 2010*



## **Lay Teacher: Cheri Maples**

Cheri received dharma teacher transmission from Zen Master Thich Nhat Hanh in 2008. She is a licensed attorney, clinical social worker, and co-founder of the Center for Mindfulness and Justice. She has worked in the criminal justice profession for 25 years as a police officer, the Head of Probation and Parole, and as Assistant Attorney General in Wisconsin. Her experience as a community organizer and 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, 601 Taylor Street W., 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 October 15<sup>th</sup>. Registration forms available at: <http://mindfulsaskatoon.ca/>**

Send registration information to Paulette Caron at [p.caron@sasktel.net](mailto:p.caron@sasktel.net), or phone 373-0610. The retreat costs **\$150**. 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.

**Free Public Talk:** "Mindfulness and Social Justice", Frances Morrison Public Library, Thursday, Oct. 21<sup>st</sup> at 7pm.

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