

Living Beautifully, Living Solidly:

*A Day of Mindfulness Retreat for People of Color in the Tradition of
Ven. Thich Nhat Hanh and Offered by the Monastics of Blue Cliff Monastery*

Saturday, June 9, 2012

at

New York Insight

28 West 27th Street, 10th Floor

New York City 10001

212 213 4802

Through the practices of mindful living offered during the retreat, we will have the opportunity to reconnect with the beautiful sources of joy and peace within ourselves.

Practicing to stop, rest, and listen deeply to our body and mind,
we can rediscover and nurture the deepest roots of solid living.

At the same time, we will also learn concrete ways to embrace and take care
of our difficulties and suffering in order to open the path to healing and growth.

This Day of Mindfulness for People of Color is open to people of Native-American,
African, Latina/o, Asian Pacific Islander, Caribbean, Middle Eastern ancestry
(as well as a small number of their Caucasian family).

No pre-registration required, but it is important to R.S.V.P. at
rsvppocdom@gmail.com.

The event begins promptly at 10:00 am. Please arrive 15 minutes before the event starts.

A donation is requested to support Blue Cliff Monastery.

No one will be turned away for lack of funds.

Please bring a vegetarian lunch to support the practice of eating meditation.

The practice of outdoor walking meditation will be offered,
as well as sitting meditation and Deep Relaxation.

For further information about this retreat, please email Valerie Brown at
Valeriebrown95@gmail.com, Angela Dews angela.dews@gmail.com,
Office@Bluecliffmonastery.org or visit www.bluecliffmonastery.org