



EMPOWERING THE LIBERAL HEART

“Mindfulness, Transformation and Awakening”

A SPECIAL DAY RETREAT WITH BROTHER CHISING

FOR **UNITARIAN UNIVERSALISTS** & EVERYONE ELSE!

SATURDAY, MAY 16, 2009

9:00 AM - 5:00 PM

**Treat yourself and your friends to a Heart-opening SABBATH
Day of Peace, Joy, Wisdom, Inspiration & Community through:**

- * Sitting Meditation
- * Walking Meditation
- * Eating Meditation
- * Mindful Movement
- * Teachings / Q & A
- * Journal-Writing
- * Silence & Music
- * Sharing & Discussion, etc.

BEGINNER-FRIENDLY

open to people of all faiths, ethnicities, orientations and levels of experience

INTERFAITH “DAY OF MINDFULNESS” RETREAT

Facilitator: **BROTHER CHISING**, M.Div., M.A.

\$50 donation requested (*includes lunch*)

**AT: COMMUNITY UNITARIAN
UNIVERSALIST CHURCH**

2875 E. Parker Road

(east of Jupiter Rd.)

Plano, Texas 75074

(972) 424-8989



Please register online by May 15 at:

WWW.AWAKENINGHEART.ORG

