

Day of Mindfulness

A Unique Retreat of Meditation, Inspiration and Transformation

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



SATURDAY

February 2, 2008

9:00 am - 5:00 pm

Treat yourself and your friends to a heart-opening day of peace, joy, wisdom and community through:

- ▼ Sitting Meditation
- ▼ Walking Meditation
- ▼ Eating Meditation
- ▼ Mindful Movement
- ▼ Teachings / Q&A
- ▼ Journal-Writing
- ▼ Silence & Music
- ▼ Sharing & Discussion

Facilitated by: **Br. ChiSing**, M.Div., M.A.
*(an ordained disciple of Zen Master **Thich Nhat Hanh**)*

BEGINNER-FRIENDLY

Location:

Center for Spiritual Living

International Place

4801 Spring Valley Rd., Suite 115

Dallas, Texas 75244

*(west of Tollway off Spring Valley
between Inwood and Welch)*

\$60 – limited to 30 persons

(please bring your own vegetarian lunch)

*Music by: **Michael Gott**, RScP*

Please register online by Jan. 27 at:

www.InterMindful.com

