

# Day of Mindfulness

**A Unique Retreat of Meditation, Inspiration and Transformation**

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



## SATURDAY

### June 28, 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:

### UNITY CHURCH OF DALLAS

6525 Forest Lane  
(between Preston & Hillcrest)  
Dallas, Texas 75230

**Space is limited to the first 30 registrants –**  
(please bring your own vegetarian lunch)

**Sliding Donation: \$50 - \$70**  
(scholarship rate: \$30 - \$50)

*Music by Robin Hackett.*

Please register online before June 25 at:

**[www.InterMindful.com](http://www.InterMindful.com)**

