

# Day of Mindfulness

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

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



## SATURDAY

### April 5, 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:

**Mayflower Community (UCC)**

106 E. Diamond Lake Rd.  
(west side of I-35W & south of 54<sup>th</sup> St.)  
Minneapolis, MN 55419

**There is space for about 30 persons or so –**  
*(please bring your own vegetarian lunch)*

**Sliding Donation: \$60 - \$80**  
*(scholarship rate: \$40 - \$60)*

**ALL ARE WELCOME**

Please register online before April 1 at:

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

