



Spring Mindfulness Retreat

with Venerable Dhammadinna

Ven. Dhammadinna took robes in 1983 in the Theravadin tradition. Over the past two decades, Ven. Dhammadinna has taught Buddhism and led meditation retreats at Suan Mokkh in South Thailand as well as in England, India and the US.

In 2000 she was sent by her Burmese master to Dharmasala to study with His Holiness the Dalai Lama privately. In 2003 Ven. Dhammadinna took ordination in the Tibetan tradition with His Holiness and, at His request, received bhikshuni ordination in Taiwan. Ven. Dhammadinna lives in Seattle and is a resident teacher of the BodhiHeart Sangha.

The retreat is offered freely, there will be an opportunity to make an offering to the teacher and to the sangha.

A restorative day of focused mindfulness meditation interspersed with gentle stretching exercises. Meditation instructions, guided meditation and chances to ask questions.

Suitable for all levels including beginners.

When: Sunday, April 1, 2012

Where: Norbertine Community of New Mexico
5825 Coors Blvd. SW

Time: 10:30am - 4:30pm

Other: Bring: lunch, mats or blankets for Feldenkrais exercises

For more information contact Kathryn Turnipseed at kathrynt@swcp.com