



Mindfulness Meditation Retreat

with

Kathryn Turnipseed

This day of practice is an opportunity to cultivate peace of mind and to let go of stress. We can step away from our everyday roles and responsibilities and settle in to knowing and training the mind; inclining toward peace.

With mindfulness we can see habits and patterns – moods, motivations, and energies – that normally escape our attention. Instead of being driven by them we can develop what's beneficial and weed out what's harmful. Seeing things as they really are allows us to discover that peace and freedom are available, here and now, in our own body and mind.

The retreat will include guided, sitting and walking meditation, chanting, dharma talk. There will also be an opportunity for personal dharma discussion with the teacher.

Kathryn Turnipseed is a *Community Dharma Leader* and has been practicing Buddhism for seventeen years in the Theravada tradition.

When: Sunday March 30, 2014

Where: 200 Rosemont Ave NE.

From Mountain, 1 block north on Broadway, then west on Rosemont

Time: 9:30am – 4:00pm

Half-day attendance is ok. But please arrive on time and stay for the entire morning or afternoon session.

Lunch: Bring a bag lunch

Bring: Your meditation cushion and a yoga mat or blanket to lie on for the exercises. Chairs will be available

Cost: The retreat is provided freely, there will be an opportunity to offer support to the teacher and to the sangha.

For more information please contact Anne Arkin at osaearkin@gmail.com