



Peace & Well-being

Daylong retreat with Kathryn Turnipseed

"When your heart is ready, peace will come looking for you."

Ajahn Chah

This retreat is an invitation to turn toward 2015 with a day of Dharma practice. Cultivating contentment and peace through mindfulness and skillful action.

The retreat will include Dharma teaching, sitting and walking meditation, and chanting.

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

When: Thursday January 1, 2015

Where: 200 Rosemont Ave NE.

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

Time: 10:00am - 4:30pm

Cost: The retreat is offered freely, there will be an opportunity to offer support to the teacher, to the Sangha, and for the meal.

Lunch: Vegetarian lunch will be provided.
Please let Kathryn know if you plan to have lunch, as it will help with food preparation.

Bring: A limited number of sitting cushions will be available.

For more information please contact Kathryn at kathrynt@swcp.com or (505) 974-1777

