



Springtime Mindfulness

With

Venerable Dhammadinna

The daylong retreat offers an opportunity for sitting and walking meditation. Venerable Dhammadinna will take questions and comments and will deliver a talk using themes from the group's thoughts.



Venerable Dhammadinna took robes in 1983 in the Theravadin tradition. She then moved to Burma and remained in Asia for 21 years, studying with U Pandita Sayadaw and Ajahn Buddhadasa. In 2003 she took ordination in the Tibetan tradition with his Holiness the Dalai Lama and received bhikshuni ordination in Taiwan.

When: Thursday evening, April 9, 2015,
6:30 pm – 8:00 pm

Saturday retreat, April 11
10:00 am – 4:30 pm

Where: 200 Rosemont Ave NE, ABQ

Lunch: Soup will be provided. Bring whatever additions you would like for yourself or to share.

Cost: The retreat is provided freely with an opportunity to offer support and generosity to the teacher and to the AVS Sangha.

Chairs and some cushions are available.

Ven. Dhammadinna will offer a few individual practice discussions at the lunch break.

Contact: Anne Arkin,
(osaearkin@gmail.com).