

Transforming Anger and Fear To Peace and Compassion



A Residential Mindfulness Retreat
with

Br. Chan Huy

Sponsored by

Plum Blossom Sangha

February 7-9, 2003

Barsana Dham Ashram - Austin, Texas



This retreat will be a wonderful opportunity for us to slow down, relax, rejuvenate and connect with our deepest source of inspiration and insight. We will practice mindful breathing, walking, eating, and speaking - in a spirit of togetherness to grow our peace, calm and joy for our loved ones, our world and ourselves. We will practice deep looking into the situation of our society today and learn to respond with understanding and compassion. This two day mindfulness retreat will be conducted in the tranquil setting of the Barsana Dham ashram, a short drive southwest of Austin, Texas.

Br. Chan Huy, (True Radiance), comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two children. Chan Huy teaches and leads mindfulness retreats throughout North America. As a Vietnamese, he is extremely adept at understanding things about our Dharma tradition that many of us struggle with. Raised in France, he easily bridges the gap between East and West.

For more information about the retreat please visit: <http://groups.yahoo.com/group/pbsangha/>

Retreat Registration Form (Please Print)

Tuition: \$140.00 Shared Room \$120.00 Dorm Room Please call if you need a single room Limited scholarships are available. Scholarship request deadline 1/15/03		Name _____ Address _____ City _____ State _____ ZIP _____ Phone # _____ Email Address (please print) _____	
Minimum Nonrefundable Deposit: \$75.00		Amount Enclosed: <input type="text"/>	
Gender (circle) F M If you have any special needs? Please explain: N Y		Make checks payable to: Plum Blossom Sangha Send Payment to: Saly Rau McIntosh 8303 Bear Creek Dr Austin, TX 78737	
Additional retreat information go to http://groups.yahoo.com/group/pbsangha/files/ (You may need to register with Yahoo first). Then go to the folder "Retreat - Feb 2003". Contact us: pbs-core@yahoo.com or (512) 301-8236			