

HEARTLAND  
Community  
of Mindful  
Living  
*presents*

# *Cultivating Peace Within*

A Weekend Mindfulness Retreat  
with

***Brother Chan Huy***

In the tradition of  
Thích Nhất Hạnh

Marillac Center  
Leavenworth, KS

**October 19-21, 2007**

625 E 71st Ter  
Kansas City, Mo 64131

HEARTLAND  
Community  
of Mindful  
Living

Breathing and Smiling Together Since 1997  
[www.mindfulnesskc.org](http://www.mindfulnesskc.org)



## Cultivating Peace Within

The practice of mindfulness helps us develop our capacity to dwell happily in the present moment and to find peace within ourselves. This practice is meant to help us weave mindfulness into all of life's daily activities. This enables us to be present throughout the day - while eating, walking, working, or enjoying a cup of tea. During this retreat, we will support each other in the practice of mindfulness, learning new ways to relate to our rapidly changing world, to realize harmony and reconciliation within our own families and to cultivate peace within.

## About Brother Chan Huy

Chan Huy comes from a family with four generations of Thích Nhất Hạnh's students, from his grandmother to his two children. He leads mindfulness retreats throughout North America.

Chan Huy was raised in France as a Vietnamese Buddhist. He now lives in Ottawa, Canada where he works as an engineer. His clear, pragmatic teaching style easily helps us to understand and deeply touch the practice of mindfulness. His warm and engaging manner emanates joy for the practice. His name, translated as "True Radiance," captures his essence. Chan Huy is among the most accomplished and articulate of Thích Nhất Hạnh's Dharma teachers.



## Marillac Center

The 240-acre Marillac Center is a ministry of the Sisters of Charity of Leavenworth, [www.marillaccenter.org](http://www.marillaccenter.org)

### Retreat Format

Check-in is from 5—6 p.m. on Friday, October 19th. The retreat will end after lunch at about 1:00 p.m. on Sunday, October 21st. We will enjoy a variety of mindfulness practices including sitting meditation, walking meditation and deep relaxation. Chan Huy will give a talk each day and will transmit the Five Mindfulness Trainings. Periods of gentle silence will nourish our mindfulness. Group discussions will help us connect the teachings to our daily lives. Bring your own meditation pad, cushion or bench. Chairs will be available. This retreat is ideal for newcomers as well as longtime practitioners.

### Accommodations

Marillac Center has 32 spacious bedrooms (16 rooms with queen size beds and 16 rooms with two twin beds), each with private bath and shower. Handicapped accessible showers are available on each floor.

Accomplished cooks within our community will prepare vegetarian meals with fresh whole foods to nourish our body and spirit.

### Dana—Gift of Generosity

Chan Huy follows a long tradition of offering the Buddha's teachings without charge, as these teachings are priceless. As part of this tradition those receiving the teachings support the teacher. Please consider making a donation according to your means and the value you feel you have received.

### Scholarships

Partial scholarships may be available. Please enclose a letter describing your aspirations for your practice and the amount of your need with your registration form.

## Questions?

David at [dshunyata@yahoo.com](mailto:dshunyata@yahoo.com) or 816-333-3043.

**No Refunds after September 19, 2007**

### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/ZIP: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*To register, please send a check payable to Heartland Community of Mindful Living, 625 E 71st Ter, Kansas City, MO, 64131. A \$75 deposit holds your space. Full payment is due by September 19th. Please add \$20 for registrations after September 19th.*

**Double Occupancy : \$190**

**Single Occupancy: \$240**

I am sharing this room with: \_\_\_\_\_

I know/have been told that I snore.

I have enclosed a \$ \_\_\_\_\_ donation for the scholarship fund. *The retreat is priced to cover only our costs. We rely on donations for scholarships.*

I am applying for a scholarship.

I would like to car pool to the Marillac Center.

I could meet someone at Kansas City International Airport and drive them to Marillac Center.

**Total Amount Enclosed:** \$ \_\_\_\_\_