

# *The Peace of Interbeing*

A Mindfulness Retreat with Brother Chan Huy  
Offered by Beginner's Mind Sangha

May 1<sup>st</sup> through 4<sup>th</sup>, 2008

Soldier Mountain Resort  
Fairfield, Idaho

*"The miracle is not to walk on thin air or on water but to walk on Earth. The Earth is so beautiful. We are beautiful also. We can allow ourselves to walk mindfully touching Earth our wonderful mother with each step. We don't need to wish our friends 'Peace be with you.' Peace is already with them. We only need to help them cultivate the habit of touching peace in each moment."*

***Thich Nhat Hanh (Thây)***

At this time some of us may feel overwhelmed by the challenges facing us in our daily lives, by the problems confronting our families, communities and nation, and by global difficulties. Beginner's Mind Sangha invites you to explore a practice that can change your life as we continue our journey towards a deeper understanding of this most fundamental of the Buddha's teachings.



First we will stop and settle into the silence of the Idaho high plateau. Already we're experiencing the connections we share as a community of practitioners, with each other and with the land. With the informed and joyful help of our teacher we'll continue looking deeply into the many ways we "inter-are" with the people and other beings with whom we share this lovely planet. We will see and feel the reality of being supported and by all that is within and around us. Even in the shared preparation of food we'll find a growing awareness of the reality of not having a separate self. The retreat will culminate with a closing circle on Sunday afternoon, a time of sharing and connection which will solidify our feelings of inter-relatedness and community.



### About Brother Chan Huy

Chan Huy, "True Radiance," comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two children. He was ordained as a Dharma Teacher by Thich Nhat Hanh in 1994. He teaches mindfulness meditation and leads retreats throughout North America.

If you have wanted to hear Thich Nhat Hanh in person but have not been able to do so, Chan Huy can give you a taste of that experience. He is among the most accomplished and articulate of Thich Nhat Hanh's lay Dharma Teachers. You will know from his presence that he embodies the practice of mindfulness.

### ARRIVAL TIME

In order to create a mindfulness container for this retreat please plan to participate all four days.

Thursday: Registration 4:30 pm; dinner 6 pm. Late arrival is fine.

### REGISTRATION AND CANCELLATION POLICY

Without prior arrangement full payment is required on or before April 4<sup>th</sup>, 2008. Refunds will be considered on a case by case basis.

A registration packet with retreat information will be sent upon receipt of your deposit.

### SCHOLARSHIP FUND

Beginner's Mind Retreat Scholarship Fund offers assistance in paying retreat costs, either by delayed or reduced payment.

### CONTACT

**Bill Woodall**  
Registration Coordinator

208-365-8393  
nanaclaus@mac.com

## REGISTRATION FORM

Please mail with check or money order to **Beginners Mind Sangha: C/O Bill Woodall, 1910 S. Shoshone St., Boise, ID 83705**

Name(s) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ day \_\_\_\_\_ eve \_\_\_\_\_ E-mail \_\_\_\_\_ (For confirmation only)

Preferred roommate \_\_\_\_\_ This \_\_\_\_\_ is \_\_\_\_\_ is not my first mindfulness retreat.

**Costs: \$150 Includes eight vegetarian meals and three nights of dormitory-style lodging in comfortable, heated cabins.** This cost does *not* include *dana* (generosity) for the teacher. Teachings of the Dharma are priceless. Retreat attendees are asked to give *dana* directly to our teacher, who has come from Canada to share the Dharma. The suggested amount is at least \$100 or what you are able to give. Please note that this is a Thursday-evening-to-Sunday-afternoon retreat, which is one more day than our usual weekend retreats.

Amount enclosed \$ \_\_\_\_\_ Check \_\_\_\_\_ Money order \_\_\_\_\_ Balance due \$ \_\_\_\_\_ Scholarship donation \$ \_\_\_\_\_

**Soldier Mountain Resort** is nestled into the base of the Soldier Mountains about 100 miles east of Boise (10 miles west of Fairfield) and enjoys expansive views of the Camas Prairie. This beautiful and peaceful setting is also a wonderful place for walking meditation.

Shared accommodations in comfortable cabins are provided with bedding and towels. Bring warm clothes for the zendo, meditation pillows or bench, a throw, and heavy walking shoes for outdoor meditation (ground may be wet).

