

Cultivating the Beauty in Your Heart: Awakening Your Deepest Aspiration

May 24–26, 2014

Saturday afternoon through Monday lunch

A Memorial Day weekend

MINDFULNESS RETREAT

in the *Thich Nhat Hanh* tradition

LED BY DHARMA TEACHERS

Chan Huy and Leslie Rawls

This retreat offers an opportunity to slow down, rest, and refresh ourselves in a peaceful, supportive setting. We will enjoy formal sitting and walking meditation, Dharma talks, private interviews with teachers, small discussion groups, and solitary practice opportunities. The retreat will be mostly silent and is appropriate for new and experienced practitioners.



LOCATION: St. Francis Springs Prayer Center in Stoneville, NC (30 miles north of Greensboro)

To register, please click on **this link** or visit deepriversangha.org and follow instructions linked to "Events & Retreats."

REGISTRATION FEES (double/triple occupancy):

Early-bird registration (received on or before April 18)\$195/person
Standard registration (received between April 19 and deadline of May 1)\$225/person

Space is limited, so early registration is advised!

These fees cover lodging, food and organizing expenses. Teachings are freely given, and there will be an opportunity to practice "dana" (generosity) by making a donation to support Chan Huy and Leslie's teaching and travel expenses. For additional information, email info@deepriversangha.org.

OUR TEACHERS: Chan Huy and Leslie Rawls — Dharma Teachers in the Tiep Hien (Interbeing) Order.



CHAN HUY offers retreats throughout North America and Asia. From a family with four generations of Thich Nhat Hanh's students, Chan Huy was born in Vietnam and was raised in France as a Vietnamese Buddhist. He now lives in Montreal, Canada where he established the Institute of Applied Mindfulness and Chan Huy & Friends Mindful Coaching Clinic.



LESLIE RAWLS was ordained by Thich Nhat Hanh as a Dharma teacher in 2009 and is the only resident Dharma Teacher in North Carolina. A student of Buddhism since 1970, Leslie has been actively involved with Plum Village and has coordinated many of Thich Nhat Hanh's North American retreats. She leads retreats in Charlotte and the southeast and facilitates inmate Sanghas in North Carolina's Department of Corrections.

Sponsored by Greensboro's **Deep River Sangha** (deepriversangha.org) and the **Charlotte Community of Mindful Living** (charlottemindfulness.org)