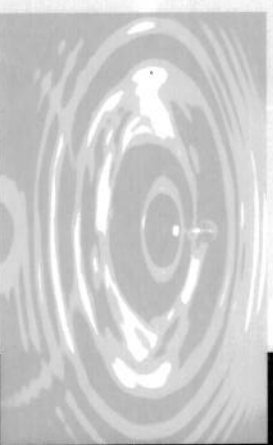
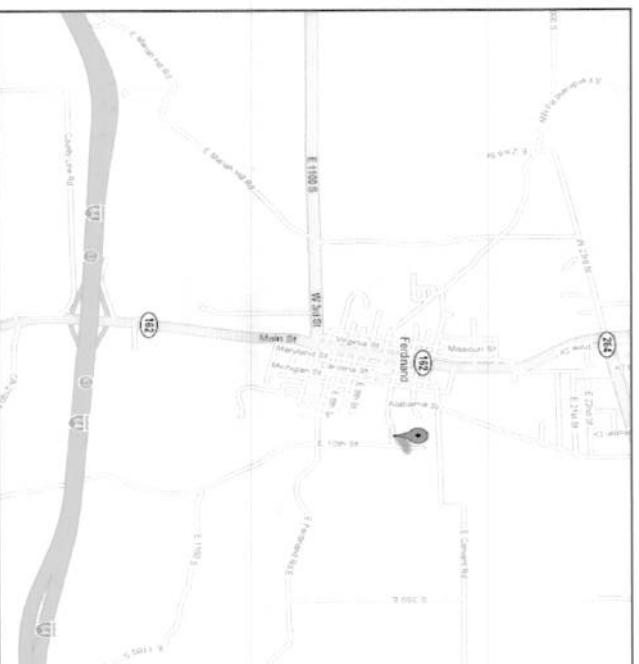


Mindful Heart  
Buddha Sangha  
&  
Awakening  
Heart Dharma  
Group



*Residential  
Retreat with  
Annie Nugent  
May  
19-24*



Directions to Kordes Center:

Kordes Center and the Monastery Immaculate Conception are located in Ferdinand, Indiana, just off of I-64. Regional airports are located in Evansville, Indiana, and Louisville, Kentucky.

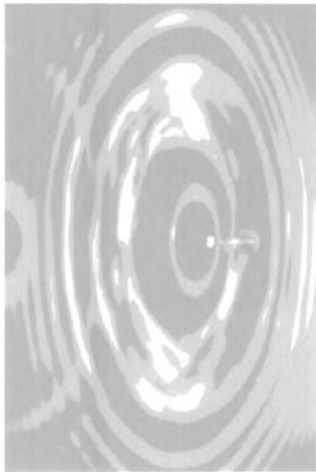
From the East:  
From I-64, take Exit 63 and turn right (north). Follow Main Street about 1 mile into the town of Ferdinand. Turn right onto 10th Street. The monastery will soon appear on your left.

From the West:  
From I-64, take Exit 63 and turn left (north). Follow Main Street about 1 mile into the town of Ferdinand. Turn right onto 10th Street. The monastery will soon appear on your left.



**Kordes  
Retreat  
Center**

# Living The Buddha's Teachings



## Annie Nugent

Annie has practiced since 1979 and was an Insight Meditation Society Resident Teacher, 1999-2003. Her teaching style aims to reveal how all aspects of our lives can help us come to a clear and direct understanding of the Truth.



A **wellspring of joy** arises when we realize the scope of the Buddha's teachings and its impact on our relationships and activities.



This silent retreat, open to all, is an invitation to explore the core teaching of **mindfulness**



and how it supports the cultivation of **wisdom** and **compassion**.



With practice, we can interact with our world with an **ease of mind**, especially amidst the fullness and vibrancy of everyday life.

Reservations are required.

Call: (812) 434-6643

Email: [mindfulheart@gmail.com](mailto:mindfulheart@gmail.com)

More info: [mhbsangha.com](http://mhbsangha.com)

**2 Days—1 night—10am Sat May 19 through evening meal Sun. May 20**

**Or 5 Nights—10am Sat May 19 through lunch Thursday May 24**



2 day retreat—  
single occupancy \$200  
double \$175. \$100 deposit.



5 night retreat—  
single occupancy \$660  
double \$510. \$300 deposit.

Sign in for retreat 9am May 19



**APPLICATION FOR ANNIE NUGENT RETREAT ATTENDANCE**

Vipassana Retreats are of the Theravada tradition. Forest monks of Thailand and Sri Lanka spent time alone watching the mind until the mind became quiet and until insight into the true nature of reality arose. This is the foundation of current retreats. Noble silence is maintained during the length of the retreat. In support of this, all personal obligations should be taken care of prior to arrival so that communication with the outside world can be kept at a minimum. We ask you to refrain from using telephones, cell phones, computers and sending or receiving email or text messages. The majority of time is devoted to sitting and walking meditation. There will be a daily dharma talk. At certain periods during the retreat, individuals will be scheduled to meet with a teacher for private discussion. We ask that you abide by the five traditional Buddhist precepts for lay practitioners while at the retreat. They are:

1. I undertake the training to refrain from harming living creatures. I undertake the training to practice compassionate action.
2. I undertake the training to refrain from taking that which is not given. I undertake the training to practice contentment.
3. I undertake the training to refrain from sexual activity. I undertake the training to practice mindfulness in all my relationships.
4. I undertake the training to refrain from harmful speech. I undertake the training to practice noble silence.
5. I undertake the training to refrain from the use of intoxicants. I undertake the training to care for my mind and body.

**Please fill out the questions and information below and return this Application with your Deposit of \$300 for the full retreat or \$100 for the weekend option to:**

**Mindful Heart Buddha Sangha, 600 N. Weinbach Ave., Suite 960, Evansville, Indiana 47711**

If you have a home Sangha, please list its name, city and state:

\_\_\_\_\_

Please list the names of meditation teachers with whom you have studied:

\_\_\_\_\_

Have you successfully spent extended time meditating before?

\_\_\_\_\_

What motivated you to apply to attend this retreat?

\_\_\_\_\_

Do you think you will be unable to complete this retreat for any physical, emotional or psychological reason?

\_\_\_\_\_

Please list all medication(s) you take:

\_\_\_\_\_

Please list a person's name and phone numbers whom we may contact in the case of an emergency:

\_\_\_\_\_

\_\_\_\_\_

Signature

\_\_\_\_\_

Printed Name

\_\_\_\_\_

Email address

\_\_\_\_\_

Address

\_\_\_\_\_

Telephone

\_\_\_\_\_

Single or Double Occupancy

\_\_\_\_\_

Weekend or Full Retreat

\_\_\_\_\_

Date

