

## **Mindful Heart Buddha Sangha Retreat**

May 19<sup>th</sup> – 21<sup>st</sup> 2017

At Sarto Retreat Center

4200 N. Kentucky Ave.

Evansville, Indiana

### **Maintaining Your Center: Cultivating Presence and Confidence in a Distracting World**

**Teacher: Geungsan Jishou Dharma (Dr. Richard Sears)**

**(See information about teacher on website)**

This retreat will offer extended periods of sitting and walking meditation practice, mindfulness of eating, lectures, and opportunities for teacher meetings, during which participants may participate in foundational koan practice. Koans are teaching tools that utilize dialogue to promote mindfulness and awareness. Extended periods of silence will be observed during the retreat.

Although the weekend retreat is residential in nature, participation is also open to those who decide not to stay overnight at the retreat center. The cost will remain the same for those who stay the nights and those who choose not to stay overnight. We highly encourage the overnights, as this helps retain the desired effects of being on retreat. Each participant will have their own room with an attached bathroom which has a small shower.

All of the below is included in your payment of \$120. For the first 20 participants who sign up the cost will be only \$75. Scholarship money is also available. Please simply note when you register that you would like to request a scholarship to help pay for the retreat. Nobody should make a decision to not come because of money. We are looking forward to seeing you!!

- Sessions begin Friday, May 19<sup>th</sup>, at 7:00 p.m.  
and go thru Sunday, May 21<sup>st</sup>, at 2:00 p.m.
- Two nights of lodging
- Five vegetarian meals
- Being with a wonderful people

### **How To Register:**

The first twenty participants who sign up for the retreat will receive the lower cost of \$75. Plus dana. (Dana is a donation of any amount that you wish, which is given in this case to the teacher during the time of the retreat.) After we have reached twenty participants who have paid the \$75./person, the cost will then increase to \$120./person

Please make check out to Mindful Heart Buddha Sangha, noting in the memo portion of your check that it is for the Sarto Retreat. Mail payment, along with contact information to:

Mindful Heart Buddha Sangha (Sarto Retreat)

600 N. Weinbach, Suite 220

Evansville, IN 47711

or place in the dana box at the sangha.

If you have any further questions please feel free to contact us at [mindfulheart@gmail.com](mailto:mindfulheart@gmail.com).