Day of Mindfulness

A Unique Retreat of Meditation, Inspiration and Transformation

open to people of all faiths, ethnicities, orientations and levels of experience

SATURDAY
August 16, 2008
9:00 am - 5:00 pm

Treat yourself and your friends to a heart-opening day of peace, joy, wisdom and community through:

- ▼ Sitting Meditation
- ▼ Walking Meditation
- ▼ Eating Meditation
- ▼ Mindful Movement
- ▼ Teachings / Q&A
- ▼ Journal-Writing
- ▼ Silence & Music
- ▼ Sharing & Discussion

Facilitated by: **Br. ChiSing**, M.Div., M.A.
*(an ordained disciple of Zen Master **Thich Nhat Hanh**)*

BEGINNER-FRIENDLY

Location:

UNITY CHURCH OF DALLAS
6525 Forest Lane
(between Preston & Hillcrest)
Dallas, Texas 75230

Space is limited to the first 30 registrants –
(please bring your own vegetarian lunch)

Sliding Donation: $50 - $70
(scholarship rate: $30 - $50)

with music by ROBIN HACKETT

Please register online by August 15 at:

www.InterMindful.com