



AWAKENING THE CHRIST WITHIN

“Mindfulness, Transformation and Empowerment”

A SPECIAL DAY RETREAT WITH BROTHER CHISING

HOLY SATURDAY, APRIL 11, 2009

(between Good Friday and Easter Sunday)

9:00 AM - 5:00 PM

**Treat yourself and your friends to a Heart-opening SABBATH
Day of Peace, Joy, Wisdom, Inspiration & Community through:**

- * Sitting Meditation
- * Walking Meditation
- * Eating Meditation
- * Mindful Movement
- * Teachings / Q & A
- * Journal-Writing
- * Silence & Music
- * Sharing & Discussion, etc.

BEGINNER-FRIENDLY

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



INTERFAITH “DAY OF MINDFULNESS” RETREAT

Facilitator: **BROTHER CHISING**, M.Div., M.A.

Special Guest Musician: *GARY FLOYD*

\$55 donation requested *(includes lunch)*

Location:

UNITY CHURCH IN GRAPEVINE

1650 Hughes Road

(near Highway 121 & Glade Rd.)

Grapevine, Texas 76099

(817) 488-1008



Please register online by April 8 at:

WWW.AWAKENINGTHECHRISTWITHIN.EVENTBRITE.COM