

“THREE BUDDHAS”

North Texas Nature Retreat

Mindfulness, Compassion, Healing

MAY 3-5, 2013

(Friday dinner - Sunday lunch)



Shakyamuni Amitabha Bhaishajyaguru

Facilitated by **Brother ChiSing** (*disciple of Thich Nhat Hanh*)
and facilitators from **Y.E.S.** (*“Young Enlightened Souls”*)

We will be practicing mindfully together and in separate small groups during meditations, teachings, journal-writing, sharing/discussion, meals, nature walks, and candlelight services, etc. There will also be Yoga & QiGong available, as well as optional swimming or canoeing during Free Time in the large pond nearby.

All meals will be vegetarian, organic, healthy and DELICIOUS. Some of the cuisines will include Asian, Middle Eastern, South American, and European styles.

This weekend retreat is limited to about 20+ persons, or more if some choose to camp in tents. The location will be at PRAXIS, a beautiful retreat center in Nature, about 80 miles northeast of Dallas in Telephone, Texas (*near Caddo National Grassland*).

Suggested Donation Pricing Rates:

\$ 200-250 for those of higher income
\$ 150-200 for those of average income
\$ 100-150 for those of lower income
(*\$ 50-100 Scholarship Rate for those in need*)

Please give as generously as you can, so that we can offer the Scholarship and lower rates to those who need them. Thank you!

*** We will also arrange Carpool Ride Sharing ***

PLEASE REGISTER ONLINE BY APRIL 26:

www.AwakeningHeart.org

Tentative RETREAT Schedule
(subject to revision)

FRIDAY

(Early Arrival -- anytime during the day, to help with preparations)

6:00 Regular Arrival & Room Assignment
7:00 Dinner *
7:30 Orientation - *(Late Arrivals should arrive before 8 pm)*
8:00 DHARMA Teaching
8:30 Sharing Circle
9:00 Candlelight MEDITATION
9:30 Prepare for bed
10:00 Sleep

SATURDAY

7:00 (Optional Yoga)
8:00 MEDITATION
8:30 Breakfast *
9:00 Outdoor WALKING Meditation
9:30 DHARMA Teaching
10:00 Q&A or Journal-Writing
10:30 Sharing Circles
11:00 MEDITATION
11:30 (Optional Yoga)
12:30 Lunch *
1:00 Outdoor WALKING Meditation
1:30 FREE TIME *(swimming/canoeing, hiking, games, or NAP)*
4:30 (Optional Yoga)
5:30 MEDITATION
6:00 Dinner *
7:00 DHARMA Teaching
7:30 Q&A or Journal-Writing
8:00 Sharing Circles
8:30 Candlelight MEDITATION
9:00 (Optional CAMPFIRE and s'mores) . . .

SUNDAY

7:00 (Optional Yoga)
8:00 MEDITATION
8:30 Breakfast *
9:00 Outdoor WALKING Meditation
9:30 DHARMA Teaching
10:00 Q&A or Journal-Writing
10:30 Sharing Circle
11:00 MEDITATION
11:30 Outdoor WALKING Meditation ("Gratitude-Blessings")
12:00 Lunch *
1:00 Clean-up
2:00 NAMASTE! :-)

(5:00 Awakening Heart - Dallas Meditation Center)