

Being at Peace in a Turbulent World: Cultivating our Fearlessness

A Day of Mindfulness in the tradition of
Thich Nhat Hanh with Dharma teacher Joanne Friday

Saturday, Oct 29, 2011
9:30 am- 4:30 pm

People Plus
35 Union Street
Brunswick, Maine



We will use mindfulness practices to transform our fear, anxiety and anger, so we can engage more effectively with the challenges of the times in which we live. The day will include sitting and walking meditation, a Dharma talk, silent lunch, deep relaxation, Dharma sharing and a time for questions and answers with the teacher.

Joanne Friday is a Dharma teacher in the Tiep Hien Order, the Order of Interbeing, founded by Buddhist monk and Zen Master Thich Nhat Hanh. In 2003 she received authority to teach from Thich Nhat Hanh, her teacher for twenty years. She leads retreats for sanghas and groups throughout the Northeast. Joanne is also an Associate Chaplain at the University of Rhode Island. Joanne feels that the Dharma is the greatest gift she has ever received, and her greatest joy is to pass it on.

Everyone is welcome - beginners and more experienced practitioners alike!

Cost: \$20 Registration donation, to cover costs of Joanne's transportation and the space. You will also have an opportunity to contribute support to the teacher if you so desire.
Please do come - No one will be turned away for lack of funds.

Please bring:
a vegetarian lunch for yourself
a meditation cushion/bench if you have one - chairs will be provided.
a yoga mat or blanket for deep relaxation
appropriate outer wear for outdoor walking meditation (even in the rain)

**For registration, information and directions,
please contact Jack Chellis jdchellis@gmail.com or 207 400-1213**

Sponsored by the Open Heart Sangha, Bath, Yarmouth. www.openheartsangha.org