

SCHEDULE FOR MINDFULNESS DAY

9:45 to 10:00 AM--Please Arrive and find a seat. Shoes maybe left on the inside stairway as entering. Bring slippers if you like, a cushion to sit on, a mat for warmth and a blanket for deep relaxation. A light vegetarian food item, to go with a homemade, organic, vegetarian soup, is optional. Utensils, plates, cups, napkins, and tea are provided.

10:00 AM—Welcome, Introductions, preview of morning schedule.
Guided Meditation (10 Minutes)
Walking Meditation (20 minutes)
Sitting Meditation (30 minutes)

11:15 AM--10 Minute silent break for tea and bathroom.

11:25--DVD of one of Thay's Dharma Talks as we co-practice with Plum Village winter retreat.

11:45--Dharma Discussion: Your experience, especially as it relates to the Dharma Presentation.

12:15—Lunch, a small bell will sound after a 5 minutes to enjoy quiet conversation.(20)

12:35--Sitting Meditation (20 minutes)

12:55--Walking Meditation, or mindful movement stretching. (10 minutes)

1:05—Deep Relaxation—Bring a blanket please. (25 minutes)

1:30—Discourse on Love (Chanting from the Heart p. 351) Enjoy singing songs of practice.

1:50--- Sharing the Merit, Closure and Cleanup

2:00—Enjoy the rest of your day. Be kind.



Five Stones Sangha Mindfulness Meditation Day



Peace, Clarity, Compassion, Gratitude

“A day of mindfulness can be the lever that will lift us to the habit of practicing mindfulness every hour and every moment. Everyone has the right to such a day, for without it we will lose ourselves quickly in a life full of worry and action, and our responses will become increasingly useless.”

Thich Nhat Hanh (Thay)

Please join us if you can for Mindfulness Meditation in the tradition of Thich Nhat Hanh. Guests and Visitors are welcome RSVP.

Saturday, February 11, 2012 from 10AM until 2:00PM. Arrive 9:45 till 10:00.
865 NW Raintree Drive, Corvallis 97330 (CVHS-Lewisburg area) see Google map link below:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&oe=UTF8&msa=0&msid=216457439191393482979.0004b8524393795c6b11d>

This calm, refreshing day is part of our Winter Retreat, as we practice along with the larger communities at Plum Village, Deer Park, and River Sangha in Salem, and groups around the planet. <http://pvom.org/> Thank you for taking care of yourself. We have to take care and love ourselves, before we can offer our equanimity and compassion to others. We will enjoy Noble Silence except as noted on the schedule.

Questions? Phone Ken (before 8 PM please) 541-760-9760, you may leave a message.

“We can allow ourselves to water our positive seeds of joy, equanimity, love, and happiness in a quiet, peaceful environment.”