

Stopping Calming Resting Healing

½ Day Retreat in the style of Zen Master Thich Nhat Hanh with
Las Vegas Community of Mindful Living & Chan Lien Dinh (Brian Kimmel)

MAY 8 / 10 a.m. - 4:30 p.m. @ Stillpoint

(8072 W. Sahara, Suite D. Just west of Buffalo in R&R Building right-hand side)

Cost: \$25 please register in advance. Limited to twenty people.

www.briankimmel.com

What is included: basic instruction in sitting, walking and deep listening meditation as well as mindful movements, lunch-in-togetherness, total relaxation and a Dharma Talk.

What to Bring: comfortable clothing for walking, sitting and movement meditation; a shawl or blanket for relaxation, a sitting cushion and a bagged lunch. Chairs are provided.



Meet the Zen Master, Thich Nhat Hanh through the practice of mindful breathing, sitting, walking, eating, lying down and deep listening.

“...the aim of Buddhist practice is to go from the field of phenomena down into the level of substance, of true nature. We go from being caught in conventional designations--parent, child, I, you, flower, cloud, coming, going--down into the level of the Middle Way which goes beyond all conventional designations...Our fear, our sorrow, our complexes are all born from our discriminating ideas of coming and going, self and the other. Looking deeply in our daily life like this is the true work of the practice...” -Thich Nhat Hanh

What people have said about our retreats: *I didn't think I would be able to sit for so long, but it was easy...-Diane The feeling of 'letting it all go.' The sense of acceptance, of support, of the very open expression of oneself in a group environment, the giving of yourself and receiving of others. And the beauty in allowing others to give themselves to you.-Corey Meeting with a group of people who really only want to come together to share deep care, and deep love of ourselves, and each other...To have this time in silence, in sitting and walking is such a beautiful treat. It slows us down...it's all about the opening of the heart.-Linda I felt Like I was coming home to myself.-Venesa*

Registration Sheet

Name: _____ Dharma Name: _____ Date Received: _____

Payment Enclosed:

Will send payment online via paypal: retreats@briankimmel.com:

Payable to: *Brian Kimmel for Peaceful Living, 2832 Summer Lake Drive, Las Vegas, NV 89128*

Mailing Address: _____ E-mail: _____

Would you like to receive mailings and/or emails from us? Yes / No Phone #: _____

Comments: