

# *Opening the Golden Flower*



Saturday, May 28, 2011

9:00 – 3:00 at 1041 N. College Ave, Claremont

A Mindfulness DAY IN THE TRADITION OF Thich Nhat Hanh

*The Golden Flower* of our lives is rich in powers of body, speech, and mind that can offer the perfume of goodness to this world. Memorial Day Weekend is a wonderful opportunity to encounter the mindfulness teachings of the Buddha. For a special treat we will enjoy a silent walk at the Rancho Santa Ana Botanic Garden which is right next to our mindfulness day location .

We'll look deeply into the miracle of our existence, practice ways of releasing stress and nourishing a mind of equanimity as we overcome the hindrances to our true happiness and honor our lives as the gifts they truly are.

*We will gather as a community in an environment of Noble Silence,  
enjoy mindful walking, eating, relaxing, a dharma talk, singing, mindful movement and sharing.  
Come join us as we refresh our bodies, hearts and minds.*

Whatever your state of mind or life circumstance, please join us. Your very best self is waiting for your love and attention. Our retreat environment and companionship will support your practice. Bring: A blanket for total relaxation, cushion, water bottle, your journal, and a vegetarian bag lunch.

Join guest Dharma Teacher Barbara Casey, Oregon and resident Dharma Teachers Larry Ward and Peggy Rowe Ward for a memorable day of practice! Our teachers have all received the teacher transmission from Zen Master Thich Nhat Hanh and are delighted to share their love for the practice.

**Suggested Donation of \$40.00 - No one turned away due to lack of funds.**

**Address: 1041 N College Ave, Claremont CA**

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