

Retreat 2005

In the tradition of Thich Nhat Hanh
All are welcome!

Living Joyfully In Times of Change

**A Residential Mindfulness Retreat with Br. Chan
Huy**

Sponsored by Plum Blossom Sangha

February 18-20, 2005

[McKinney Roughs Nature Park](#)

Bastrop, Texas

This retreat will be a wonderful opportunity for us to slow down, relax, rejuvenate and connect with our deepest source of inspiration and insight. We will practice mindful breathing, walking, eating, and speaking - in a spirit of togetherness to grow our peace, calm and joy for our loved ones, our world and ourselves. We will practice deep looking into the situation of our society today and learn to respond with understanding and compassion. The retreat will be conducted in the tranquil setting of the McKinney Roughs Nature Park, a short drive east of Austin, Texas.

Br. Chan Huy, True Radiance comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two children. Chan Huy teaches and leads mindfulness retreats throughout North America. He was ordained by Thich Nhat Hanh.

Registration Information:

Tuition: Dormitory Rooms
Only
Singles - \$165
Couples - \$275
Children 18 and under - \$50



Minimum Nonrefundable
Deposit: \$75.00

[On Line Registration Form](#)

Please register by January 28,
2005.



For additional retreat information:
geofarm@austin.rr.com

For additional registration information:
ahousley@austin.rr.com

Children's Program Contact:
Gretchen Paulig - (512) 443-6548.

"What is most important is to find peace and to share it
with others."

- Thich Nhat Hanh