



“The quiet in the heart of the storm”

A Mindfulness Retreat

Mindfulness practice in the tradition of Thich Nhat Hanh with Dharma Teacher Chan Hao

Kibbutz Hakuk, 4-7 March 2009

In this difficult and challenging time, **The Community of Mindfulness in Israel** invites you to join us for a **Mindfulness Retreat** in the tradition of **Zen Master Thich Nhat Hanh**, led by Dharma Teacher Chan Hao and with guests from the Community of Mindfulness in Italy.

- Retreat from Wednesday morning until Saturday evening, 4-7 March.
- Kibbutz Hakuk is located near the Sea of Galilee.
- Cost per participant (3 per room) is 790 NIS. For participants registering by 4 Feb: 750 NIS.
- Cost reductions for youth (under-30).
- Above costs cover direct expenses only. You are invited to contribute from the heart (DANA) to the teacher according to your ability.

“Wherever we are, any time, we have the capacity to enjoy the sunshine, the presence of each other, even the sensation of our breathing. We don’t need to go to China to enjoy the blue sky. We don’t have to travel into the future to enjoy our breathing. We can be in touch with these things right now.”

Thich Nhat Hanh

Registration form is available on our website (www.mindfulness-israel.org). We will be glad to answer any questions: for more information please contact spring2009@mindfulness-israel.org, Maya 02-6780878 or Veronique 0772010631.