



DEEPRIVER

~~~~~

# SANGHA



joyfully presents

## "Deep Listening and Loving Speech"

a Residential Mindfulness Retreat in the tradition of Thich Nhat Hanh\*

with Dharma Teachers **Chan Huy** and **Leslie Rawls**

**Saturday, May 28 — Monday, May 30, 2011**

(Arrive Saturday after lunch, leave after lunch on Monday)

**St. Francis Springs Retreat Center in Stoneville, North Carolina**

Developing the qualities of deep listening and loving speech can help us develop true communication. By establishing deep listening and loving speech within ourselves, we foster deep communication with others and cultivate love and compassion. This practice has the capacity to establish peace in ourselves and peace in the world.

### *About Our Dharma Teachers:*

**CHAN HUY**, "True Radiance," comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two children. He was ordained by Thich Nhat Hanh as a Dharma teacher in 1994. He teaches mindfulness meditation and leads retreats throughout North America.

**LESLIE RAWLS**, "True Realm of Enlightenment" was ordained by Thich Nhat Hanh as a Dharma teacher in 2008 and is the only resident Dharma Teacher in North Carolina. A student of Buddhism since 1970, Leslie has been actively involved with Plum Village and has coordinated many of Thich Nhat Hanh's North American retreats. She leads retreats in Charlotte and the southeast and facilitates inmate Sanghas in North Carolina Department of Corrections.



*Chan Huy and Leslie Rawls*

### *About Our Retreat:*

Our retreat will include sitting and walking meditation, delicious vegetarian/vegan meals enjoyed through mindful eating, meditation instruction, Dharma talks, and question-and-answer sessions. *Beginners and experienced meditators alike are welcome.*

The retreat will begin with an orientation on Saturday afternoon, May 28, and will conclude after lunch on Monday, May 30. In order to maintain a focused retreat environment for all, please plan to arrive Saturday afternoon and stay for the entire retreat. Directions to the retreat, information on what to bring, and a more detailed retreat schedule will be sent with registration confirmation. The registration fee of \$210 per person (\$195 "early bird" fee if received by March 1, 2011) covers lodging, meals, and other retreat expenses. All but \$20 of the registration fee will be refunded for cancellations received by April 15, 2011. A limited number of partial scholarships are available.



*St. Francis Springs  
Prayer Center*

St. Francis Springs Prayer Center is an inter-faith prayer and retreat center located on 140 beautiful and peaceful wooded acres in Stoneville, N.C (approximately 30 miles north of Greensboro). The 25,000 sq. ft. facility provides a comfortable and peaceful environment—the ideal setting for this rejuvenating and enriching retreat. For more information, visit [www.stfrancissprings.com](http://www.stfrancissprings.com).

(To register, see instructions on page two.)

\***Thich Nhat Hanh**, a Vietnamese Buddhist Monk now living in France, has dedicated his life to the enlightenment of others and is one of the best-known Buddhist teachers in the West. His teachings and practices appeal to people from various religious, spiritual, and political backgrounds. He offers a practice of mindfulness adapted to Western sensibilities.

TO REGISTER ONLINE FOR:

## "Deep Listening and Loving Speech"

on SATURDAY, MAY 28 — MONDAY, MAY 30, 2011

St. Francis Springs Retreat Center - Stoneville, NC

Please visit [www.deepriversangha.org](http://www.deepriversangha.org) and follow the instructions found by clicking on the link for "Events and Retreats." If you do not have internet access, please fill out and mail the form below with your check or money order payable to "Carolina Community of Mindful Living" addressed to:

May 2011 Retreat  
3716 Watauga Drive  
Greensboro, NC 27410

— CAPACITY IS LIMITED, SO YOU ARE ENCOURAGED TO REGISTER EARLY! —

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Gender: M  F  E-mail address: \_\_\_\_\_

All rooms are double or triple occupancy. If you have a roommate preference, please list the name of your preferred roommate(s). We will do our best to accommodate your rooming wishes. If you do not indicate a preferred roommate, we will match you with a person/people of the same gender.

Preferred Roommate(s): \_\_\_\_\_

Preferred Roommate(s): \_\_\_\_\_

Total Amount enclosed: \$ \_\_\_\_\_

A \$100 deposit will reserve your space, with the balance due by March 1 for the \$195 "early bird" rate, and by April 15, 2011 for the \$210 rate.

To apply for one of the limited partial scholarships available for this retreat, please send an email to [bill@deepriversangha.org](mailto:bill@deepriversangha.org) explaining the nature of your need.

"Deep Listening and Loving Speech" is presented by the Deep River Sangha, a Community of Mindful Living practicing in the tradition of Thich Nhat Hanh. For more information about our sangha, please visit [www.deepriversangha.org](http://www.deepriversangha.org).