



“Letting Go Into Freedom”

A 3 day residential mindfulness retreat with Dharmacharya Chan Huy

Sunrise Ranch, Loveland, CO

May 11-13, 2012

Retreat Format

Check-in is on Friday, May 11th 3:00 – 5:00. The retreat will end after lunch at about 1:00 p.m. on Sunday, May 13th. Please join us as we practice mindfulness in the tradition of TNH. We will enjoy sitting meditation, indoor walking meditation, outdoor activities (weather permitting), dharma talks, dharma discussion, eating meditation, total relaxation, mindful movement, singing and community circle. We will be surrounded by the pristine beauty and wisdom of the Rocky Mountains.

Wrapped in a blanket of noble silence, we will have a unique opportunity to come home to our deepest selves and waking to the beauty that is present in every moment.

Accommodations

Sunrise Ranch is a spectacular setting for a mindfulness retreat! We will have the option of single, double, three person per room accommodation as well as dorms and camping. All meals will be vegetarian. <http://www.sunriseranch.org>

Dana - The Gift of Generosity

Chan Huy follows a long tradition of offering the Buddha’s teachings without charge, as these teachings are priceless. As part of this tradition those receiving the teachings support the teacher. Please consider making a donation according to your means and the value you feel you have received. Make your donation at the retreat. Suggested Dana is \$25 per day.

Scholarships

Partial scholarships may be available. Please enclose a letter describing your aspirations for your practice and the amount of your need with your registration form. We also accept donations for scholarships with your registration.

Registration

Please complete the registration form online at www.denvermindfulness.org or www.mindfulincolorado.org

Questions? Email us at eyesofcompassion@googlegroups.com

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 as a Dharma Teacher by Thich Nhat Hahn in 1994. He teaches mindfulness meditation and leads retreats throughout North America. If you have wanted to hear Thich Nhat Hanh in person but have not been able to do so, Chan Huy can give you a taste of that experience. He is among the most accomplished and articulate of Thich Nhat Hanh’s lay Dharma Teachers. You will know from his presence that he embodies the practice of mindfulness.

