**Be The Change**

“You must be the change you want to see in the world.” Mahatma Gandhi

*A Residential Mindfulness Retreat in the Tradition of Thich Nhat Hanh*

led by

Dharma Teacher, Brother Chan Huy

Sponsored by

Plum Blossom Sangha and Wake Up Austin Sangha, Austin,Texas

 April 8-10, 2011

McKinney Roughs Nature Park - Bastrop, Texas

This retreat, which will be held in the tranquil setting of McKinney Roughs Nature Park just east of Austin, will be a wonderful opportunity for us to slow down, rejuvenate and connect to our deepest source of inspiration and insight. We will practice mindful breathing, walking and eating while observing Noble Silence in a spirit of togetherness, growing our peace, calm and joy for our loved ones, our world and ourselves. Together we will look deeply to see how we are the change we want to see in the world.

***Brother Chan Huy (True Radiance)*** is an experienced Dharma teacher in the Order of Interbeing, ordained by Zen Master Venerable Thich Nhat Hanh. Brother Chan Huy lives in Ottawa, Canada and offers retreats and public talks throughout North America.

***For more information & additional registration forms please visit:*** [***www.plumblossomsangha.org***](http://www.plumblossomsangha.org)

**Retreat Registration Form (Please Print Legibly)**

Singles – $200

Registrants 18 and under – $160

Full-time college students – $160

**50% minimum nonrefundable deposit required with registration. Payment by check or cash only.**

Tuition includes room and 6 vegetarian meals. Men and women are housed separately in dormitories with shared sleeping quarters and attached shared bathrooms.

Gender (circle) F M

Bringing a child? Age & Gender:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any special needs? N Y

If yes, please explain:

Name

Address

City State Zip

Phone #

Email:

Emergency Contact Name and Phone #:

**Amount Enclosed:**

Make checks payable to **Plum Blossom Sangha.** Mail form & check to: Gale Spear

2302 Westworth Circle Austin, TX 78704

**Contact for questions**: galespear@sbcglobal.net or (512) 426-1085