

Dharma River Mindful Living Center

Because I am Present, I am alive

Retreat: April 18 - 20

Day of Mindfulness: April 20

Dear friends,

May you touch the freshness and newness of Spring in every breath. April is also the celebration of Easter, Jesus's victory over death by resurrection. We are alive but we are carried away by our regrets, plans, worries and distractions, we let the moments slip away. In the light of mindfulness we are truly present and we are alive every moment.

We invite you to join us at Dharma River Center where in the collective energy we come together to meditate, walk and enjoy our Mother Earth springing up her new flowers and plants. We will learn and connect with each other in a safe and inclusive circle through Dharma sharing and discussion, singing and rest.

The time practicing together helps us recenter and lighten our hearts, minds and spirits in order to bring a renewed energy to our families and communities, especially in these times of uncertainty, violence and chaos.

Thank you for being part of the mindful community.

Tuyen Nguyen - Chan Hao (Dharma Teacher in Plum Village Tradition)

When: The full retreat: from 5 pm Friday, April 18 to 4 pm Sunday, April 20.
Or you are welcome to join us Sunday for a Day of Mindfulness 10 am to 4 pm

Where: Dharma River Mindful Living Community (dharmaiver.net)
6908 Sideroad 2 West, Mount Forest, ON, N0G 2L0.

Cost: Dana (generosity) is a tradition dating back to the time of the Buddha. Dharma River Mindful Living Center operates entirely on your generosity. Your donation – dana – is greatly appreciated. Please e-transfer your dana to dharmaivermlc@gmail.com

What to bring: sleeping bag, pillow, and a light blanket to use during meditation. Please register early as there are very limited indoor spaces available.

For registration or information contact Tim Comrie: dharmaivermlc@gmail.com