

Stopping, Calming, Resting, Healing

A Mindfulness Retreat

Offered by Beginner's Mind Sangha

October 24–26, 2003

with an optional extra day—Thursday, Oct. 23

Soldier Mountain Resort, near Fairfield, Idaho

Your sangha—family, friends and co-practitioners—is the soil, and you are the seed. No matter how vigorous the seed is, if the soil does not provide nourishment, your seed will die. A good sangha is crucial for practice.

— Thich Nhat Hanh

Please join the Beginner's Mind Sangha for our annual fall mindfulness retreat.

During this retreat we will stop much of our usual activity, calm our minds, rest our bodies and heal our selves. We will look deeply at our thoughts and feelings and touch the places of peace within us. We will sit in meditation several times a day, walk mindfully indoors and out, share tea with joyful



awareness, and discuss opportunities for living our lives in awareness.

Our teacher will lead us along the path in both silence and compassionate understanding. We will have time to touch the refreshing, healing and nourishing elements inside and around us, things we might miss in our everyday lives. Quiet joy and a sense of community will permeate this time together.

Retreat leader

Minh Tran was invested as a Dharmacharya (dharma teacher) by Thich Nhat Hanh ("Thầy") in 1994. His dharma name is Chan Huy ("True Radiance"). An engineer by profession, he is a member of the Elder Council of the



Order of Interbeing and the coordinator of the order's Education and Training Committee. Minh Tran teaches mindfulness meditation classes for French Canadians and supports Thầy in his work in the United States at the Maple Forest Monastery and Green Mountain Dharma Center in Vermont. Minh Tran and his wife have two children. Please help us welcome this gentle man back to Idaho.

Honoring Our Ancestors

Retreat participants are asked to bring a picture or memento of an ancestor to share as a part of the ceremony on Saturday night.

Deepening Our Practice

Beginning Thursday evening, an extra night and day of mindfulness practice is offered before our teacher arrives Friday evening, providing an opportunity for a deeper retreat experience.

Location

Soldier Mountain Resort, 100 miles east of Boise, nestles at the base of the Soldier Mountains and enjoys expansive views of the Camas Prairie. This beautiful setting is a peaceful place for walking and sitting meditation. Accommodations are comfortable 4- to 6-person cabins a short walk from the zendo (meditation hall). Bedding and towels are provided. Bring warm clothes, slippers or heavy socks for the zendo, meditation pillows or bench, a throw, and heavy walking shoes for outdoor meditation (ground may be wet or snowy).

Fees

Friday, Oct. 24, through Sunday lunch, Oct. 26 **\$195***

Thursday, Oct. 23, through Sunday lunch, Oct. 26 **\$225***

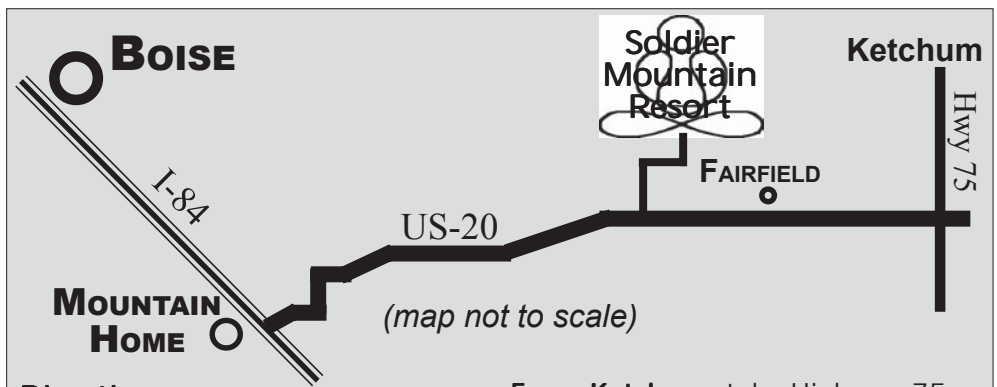
*** \$20 discount if paid in full by Oct. 6.**

Fee includes lodging and three vegetarian meals daily as well as travel expenses and compensation for our teacher.

A registration packet with retreat information will be sent upon receipt of your deposit.

Deposits and cancellations

All fees due in full by Oct. 10. \$50 deposit required to reserve your place. Deposit is refundable *only* if you notify Bill Holland-Smith of cancellation by Oct. 10.



Directions:

From Boise, take I-84 to the second Mountain Home exit (US Highway 20). Go north and east on US 20 toward Fairfield/Sun Valley. About five miles west of Fairfield, watch for a sign on your left saying "Soldier Mountain Resort." Turn left (north) and follow the signs about three miles to the resort. If you find yourself in Fairfield, you've gone too far.

From Ketchum, take Highway 75 south to the US Highway 20 junction. Turn west onto US 20, go past Fairfield about five miles, turn north at the "Soldier Mountain Resort" sign. The resort is *not* at Soldier Mountain ski area.

Drive time is approximately 2 hours from Boise, 1.5 hours from Ketchum. Ride sharing is encouraged.

Scholarship Fund

Remember, the Beginner's Mind Retreat Scholarship Fund is available for those who need assistance in paying retreat costs. Scholarships may involve delayed or reduced payment. Contact M'Tae at 208-383-9616 or mtae1@cablone.net.

Space is limited at this retreat. You are encouraged to register early to ensure your place.

Arrival

Thursday check-in begins at 5 p.m. Dinner will be served at 6:30 p.m.

Friday check-in begins at 4:30 p.m. Dinner will be served at 6 p.m.

Late arrival is fine either day.

Questions?

For more information, contact Bill Holland-Smith: (208)796-2144 billghs272@yahoo.com

REGISTRATION FORM

Please mail with a check or money order made out to Beginners Mind Sangha to:
Bill Holland-Smith, 11928 W. Tilli Rd., Mountain Home, ID 83647

Name(s) _____

Street _____

City _____ State _____ Zip _____

Phone _____ -day _____ -eve. E-mail _____

Preferred cabin mate(s) _____ This is is not my first retreat.

Amount enclosed \$ _____ Balance due \$ _____ Scholarship donation \$ _____

