



**CML Montréal**

offers

## **A Mindfulness Retreat**

with

**Chân Huy**

dharmacarya in the tradition of

**Thich Nhat Hanh**

## **How beautiful life can be when you're not depressed!**

The present moment is free. The past is no more. The future is yet to come.

The present moment is always new, without a history.

To be present, to be "there," is to be attached to nothing. It's wonderful! It's a bit like taking a photograph of something we notice in a field, while at the same time being able to stay with the feeling that the scene brings up in us.

The present moment is free from concepts and prejudices. There is no room for depression to take root.

To be open to that which is arising in the here and now is to allow ourselves to be fully alive, to see life as it is and not how we think it is.

*"Attentive breathing and walking generate the energy of Mindfulness, which both permits us to recognize the wonders of life and also puts us in contact with them."*

To be in deep contact with the things around us means leaving our narrow and restricted inner place. We open our arms and enter into the totality of the world.

During this retreat, we will have time to enjoy mindfulness while sitting, standing, walking, lying down in total relaxation, eating or drinking a cup of tea in a spirit of togetherness. Practicing the Noble Silence, except during dharma discussion, will allow us to be fully present, to observe and to be aware of everything that is happening in us and around us. Two days of practice with a sangha (community of practitioners) can suffice to bring about a profound transformation within us.

## **Saturday and Sunday, November 27-28th, 2004**

**at Villa Marguerite,**

**9409 Gouin Blvd, west**

**Pierrefonds**

(Bus 68 from Côte-Vertu)

**Cost: 115\$**

(including teachings, activities, accommodation and three meals)

135\$ if arriving on Friday night

To reserve your room, (max. 31 pers), please send a 50% check before Nov, 20th to

**CML de Montréal, 5867, rue St-Hubert**

**(514) 272-2832**

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