

Stepping Into Freedom

A daylong mindfulness retreat teaching practices essential for attaining peace and freedom from suffering in the tradition of meditation master Thich Nhat Hanh

Saturday, 19 June 2010

9 am - 4 pm

Unity Temple on the Plaza

Classroom C

707 West 47th Street

Kansas City, MO 64112

Suggested Donation \$90 - \$35

- 9:00 AM** *Introduction to a Mindfulness Meditation Retreat*
- 9:30 AM** *Silent Sitting and Walking Meditation*
- 10:00 AM** *Guided Sitting and Walking Meditation*
- 10:30 AM** *Mindful Movement*
- 11:00 AM** *Video Interview with Zen Master Thich Nhat Hanh*
- 11:45 AM** *Introduction to and Reading of the Five Mindfulness Trainings*
- 12:15 PM** *Eating Meditation-Silent Sack Lunch*
- 1:15 PM** *Total Relaxation and Touching the Earth*
- 2:15 PM** *Dharma Talk by Order of Interbeing Members*
- 3:00 PM** *Tea Meditation*
- 4:00 PM** *End of Retreat*

Please bring a sack lunch and a blanket. Hot tea, chairs and meditation cushions will be provided. Lunch may be ordered from Eden Alley.

RSVP at mindfulnesskc.org or contact David at 816.333.3043

Sponsored by Heartland Community of Mindful Living
MindfulnessKC.org