

# Calm, Ease, Smile, Release

*A daylong meditation retreat in the tradition of Thich Nhat Hanh*

*There are so many opportunities to fear these days-pandemic, economic loss, global warming, and more. The practice of mindfulness helps us find calm, stability and peace, so we may transform our fears and enjoy the opportunities for happiness that are always present in and around us?*

**Saturday, 20 June 2009**

**9 am – 4 pm**

Unity Temple on the Plaza

Classroom C

707 West 47th Street

Kansas City, MO 64112

Suggested Donation \$90 - \$35

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

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

To register contact David at

[David.Gritz@yahoo.com](mailto:David.Gritz@yahoo.com) or 913 602 0744

Sponsored by the Heartland Community of Mindful Living

[MindfulnessKC.org](http://MindfulnessKC.org)