

**a daylong meditation retreat**  
**in the tradition of thich nhat hanh**  
**saturday november 8, 2008**  
**10am - 4pm**  
**near mahoney state park, ashland, ne**

**rsvp to mike mcMahon at [mcmmindful@aol.com](mailto:mcmmindful@aol.com)**

**tentative schedule**

10:00 AM Arrive, Settle in, Intro to retreat  
10:30AM Silent Sitting and Walking Meditation  
11:00 AM Guided Sitting Meditation  
11:20 AM Outdoor Walking Meditation (Weather Permitting)  
12:00 Noon Eating Meditation- Silent Sack Lunch  
1:00 PM Mindful Movement  
1:15 PM Total relaxation and Touching the Earth  
2:15 PM Dharma talk  
3:00 PM Tea Meditation  
4:00 PM End of retreat

**what to bring**

We have a limited number of cushions for sitting meditation, so if you have one, please bring it. There will be chairs available. Also please bring, a sack lunch, a blanket to rest your knees or bottom on (the floor is hardwood), and warm clothes for outdoor walking meditation. We will provide tea and water. Please let [mcmmindful@aol.com](mailto:mcmmindful@aol.com) know if you have any questions or concerns.

**location**

Some friends have loaned us the use of their lovely cabin on the Platte River. The western wall of the cabin is all windows showing the Platte gently flowing by. It will be a very soothing environment.

**directions to cabin**

Take I-80 to Mahoney State Park exit 426  
Driving from Lincoln, go right (south) at the Mahoney exit which is just BEFORE you reach the Platte River.

Driving from Omaha, go left (south) at the Mahoney is exit which is just AFTER you pass the Platte River.

Go three or four miles to South Bend

Go through South Bend

Continue about a half mile

Take the first left, at the foot of a hill, just before a bridge

Go through gate "Middle Island"

Keep right and go about two miles around a curve. The river will be on your right.

Pass a number of cabins on the left

The cabin is the first one on the right (Cedarwood)