

Be the Change



A Mindfulness Retreat with the Monks and Nuns in the Tradition of Zen Master Thich Nhat Hanh
August 20th –25th 2010 –Estes Park Center/YMCA of the Rockies

*“When we change our daily lives – the way we think, speak, and act –
we change the world.” Master Thich Nhat Hanh*

Please accept our invitation to this retreat, where we have a chance to come together to practice the art of transformation and awakening as a community. During the retreat we will have the opportunity to practice to awaken fully to each moment by being fully present with our breath, our steps, and to each other as a spiritual family. Practicing together enables us to combine our energy of mindfulness and concentration, helping us to realize our true potential as human beings capable of not only healing ourselves but also helping to heal our society and the world.

Monks and nuns in the tradition of Zen Master Thich Nhat Hanh will guide us in the practices of sitting meditation, walking meditation, total relaxation, touching the earth, and the practices of deep listening and loving speech, which are the foundations of reconciliation. Our meals will be taken in silence, to allow us the space and time to contemplate the food and the presence of others around us. We will meet daily in smaller groups to share about how to integrate the teachings into our daily lives. We will also have time to express creatively our happiness of being together by sharing poetry, songs, stories, music, etc... Additionally there will be periods and areas of Noble Silence to help us to reflect on what we have experienced during the day.

The retreat is open to all, including beginners, those who have previously attended retreats, and families with children. The first part of the daily teachings are normally dedicated to children. The nuns and monks will lead a mindfulness practice program for teens (ages 13-17). Some parents will be invited to help other monks and nuns with a similar program focused on children (6 to 12 years old). Children under 6 are welcome to join the retreat under the care of their parent.

We welcome the participation of people from all backgrounds, regardless of ethnic origin, race, cultural background, socio-economic class, age, gender, sexual orientation, or physical ability. We are committed to fostering a practice environment where all may enjoy the practice and find healing and nourishment.

Sample Schedule:

5:30 Wake Up	Break
6:00 Walking/ sitting Meditation	3:00 Dharma Sharing / Beginning Anew Presentation/ Other
7:30 Breakfast	5:30 Dinner
9:30 Dharma Talk	7:30 Sitting meditation & chanting/Total relaxation & touching the earth/ Be-In
12:00 Lunch / Personal Time	9:00 Noble Silence / Rest Time

In our continued effort to reduce the effects of global warming and nourish our love and compassion for all beings, we will enjoy vegan meals during this retreat. Unfortunately we are unable to cater to individual dietary needs. Retreatants are requested to refrain from smoking and drinking alcohol during the entire retreat and to practice the Five Mindfulness Trainings in order to support creating a safe and healthy environment. The Five Mindfulness Trainings are guidelines that support us in realizing our aspiration of living a meaningful and happy life in a spirit of non-harming. A full text of the Five Mindfulness Trainings will be sent along with the retreat confirmation package after you have registered.

There will be an opportunity for retreatants and others to receive the Five Mindfulness Trainings on the last day of the retreat. If you have studied and practiced the Five Mindfulness Trainings and wish to formally receive them, but can not attend the full retreat, please contact Blue Cliff Monastery.

Check-in for the retreat starts at 2:00 pm on Friday, August 20th. Rooms will be ready at 4:00 pm. Dinner will be served at 5:30 pm. The orientation talk will be given at 7:30 pm. The retreat will end after lunch on Wednesday, August 25th. Please plan to attend the entire retreat as the greatest benefit comes from immersing ourselves continuously in the healing energy of mindfulness.

We look forward to a wonderful retreat held in one of the most beautiful areas in the Rocky Mountains, which is immediately adjacent to Rocky Mountain National Park.

Registration information:

Please register for the Retreat on or before July 19th, to ensure a place at the retreat. Check on the availability of rooms. After July 19th, some of the rooms we have reserved for the retreat will be released. After that date please call the YMCA to find out which rooms are available.

Please request the retreat registration form either: online at www.ymcarockies.org (For the YMCA, click on Conferences and Reunions, then go to Be the Change in the menu on the left and down load the form) **OR** call 970-586-3341, the primary extension is 1062; the secondary extension is 1010.

To register for the retreat you can:

Register Securely On Line: <https://www.ygroupres.org/TNH/>

By Fax: Fax your registration form to (970) 586-0118 (at the YMCA).

By Mail: Mail your registration form with check, money order or credit card (MasterCard/VISA/Discover/Amex) to Conference Registrar, Be the Change, Estes Park / YMCA of the Rockies, 2515 Tunnel Rd, Estes Park, CO 80511.

Please make checks payable to Estes Park Center/YMCA.

By Phone: 970-586-3341, the primary extension is 1062; the secondary extension is 1010.

General Information

For questions about registration, lodging and travel directions: You may call the YMCA at 970-586-3341, the primary extension is 1062; the secondary extension is 1010.

For further questions about the retreat and activities: Email info@tnhtour.org or call Blue Cliff Monastery at 845 733-4959, Ext. 22

**Wishing you peace,
YMCA Registration Team**

*May all beings be peaceful, happy, and light in body and spirit.
May all beings be safe and free from injury.
May all beings be free from anger, afflictions, fear, and anxiety.*