

# ***Together We Are One***

*Nurturing the Beloved Community*

## **Mindfulness Retreat at Deer Park Monastery, Escondido, CA**

Offered by **Zen Master Thich Nhat Hanh**, monks, nuns, and dedicated lay friends

**September 6-11, 2011**

*Every time we make a step during walking meditation, we are moving like an organism, we are moving like the cosmos, and all our ancestors move with and take steps with us. Not only our ancestors, but our children and their children move with us. The one contains the all. When we are capable of making a peaceful, happy step, all our ancestors are making the step at the same time.*

*– Thich Nhat Hanh, “The World We Have”, Parallax Press 2008*

Please join Thich Nhat Hanh, monastics and other lay friends in the mountains of Deer Park Monastery to practice caring for ourselves and our world. We will practice as a community, as a spiritual family learning the art of tending the gardens of our mind and body. We will learn and practice how to breathe, sit, and walk freely and peacefully, so we may enjoy the present moment and be present to the wonders of our world that is always available. Being a happy human being is the greatest talent and the most needed skill that we can offer to ourselves and our loved ones. It is an important gift to our world and an essential element to our efforts to preserve our planet.

These are some of the **practices** that we will engage in during this retreat:

- daily Dharma Talks by Thây
- sitting meditation together
- outdoor walking meditation as a community
- mindful meals in silence - taking the time to truly enjoy the food and the company of other practitioners
- Dharma Discussion in small groups – practicing loving speech and deep listening, sharing our experiences with the practice of mindfulness
- Total Relaxation - learning how to rest and relax our body and our mind
- Service Meditation - working together in harmony and with ease
- Observing Noble Silence – from after the evening activity until after washing up for breakfast

***If you are young or old, new to mindfulness practice or experienced,  
we welcome you all to join us for this retreat.***

**Families** with children and teens are warmly welcome to this retreat. Normally the first part of Thây’s Dharma talk is dedicated to the children.

A Children’s Program will be offered for ages 6 to 12, joyful play and mindful practice adapted to our young friends. The program will be lead by a monastic and lay practitioner with the help of parents.

A Teen’s Program will be offered for ages 13 to 17.

Below is a list of the usual daily activities at a retreat. Actual times will be set just before the retreat. We usually start the day at around 5:30 am and end the day at around 9:30 pm.

### **Sample Schedule:**

#### Morning Activities

Sitting Meditation  
Breakfast  
Service Meditation  
Dharma Talk  
Walking Meditation

#### Afternoon & Evening Activities

Lunch and Rest  
Dharma Discussion  
Dinner  
Five Mindfulness Trainings Presentation, Beginning Anew  
Presentation, Total Relaxation or Touching the Earth.  
Sitting Meditation

All **meals** will be vegan. We regret that we are unable to cater to individual dietary needs.

Everyone who comes to practice is requested to observe the **Five Mindfulness Trainings** that are the very foundation of our being together here as a community of practice - Sangha. They are the guidelines that help us move in the direction of goodness and beauty. No smoking, no drinking and no sexual practice are allowed on the grounds of the monastery. Please respect the community's effort in this observance. A full text of the Five Mindfulness Trainings will be sent along with the retreat confirmation package after you have registered and can be found on our website (see below). There will be an opportunity to formally receive the Five Mindfulness Trainings with Thây (normally on the last day of the retreat, Sunday morning). If you cannot attend the retreat but would like to receive the Mindfulness Trainings, please contact Deer Park Monastery.

The retreat **begins with check-in from 1 to 5pm on Tuesday, Sept. 6<sup>th</sup>**, dinner served at 5:30 pm, and an orientation talk by Thây at 7:30 pm. The retreat will **end after lunch on Sunday, Sept. 11**.

**PLEASE PLAN TO ATTEND THE ENTIRE RETREAT.**

Our dorm rooms are limited but there is plenty of outdoor space for tents. We will rent trailers for additional dormitories. Please register early to reserve a room.

Through contributing on the higher-end of the **sliding scale** and through contributing to our **scholarship fund** we can offer our generosity and resources to help others with more limited means to join us for this retreat. Some scholarship plans will be available for those with financial need. Please contact us for a scholarship application form.

<i>SLIDING SCALE</i> of \$25 increments: Your higher-end contribution will help people with limited means to attend the retreat.		
Total Contribution Per Person for Food, Lodging, and Tuition		
	Age	Cost/Person
<b>DORM</b> (6 people each)	18+	\$650 - 750
	13-17	\$400
	6-12	\$325
<b>Trailer dorm</b> (13 people each)	18+	\$475 - 575
	13-17	\$375
	6-12	\$300
<b>Tent/Commuter</b> (Please bring your own tent)	18+	\$375-475
	13-17	\$300
	6-12	\$275

**Medical / Health Situation:** Should you have any functional or medical disabilities; recent surgery or inpatient stay at an institution; require medical or psychiatric resources; regularly take any controlled/prescription medications, please contact the Registration Office, 760-291-1003 x100, so we may better support you.

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**Thich Nhat Hanh** is a Zen Master, an author of over 100 books, poet, gardener, peace maker... During the Vietnam War he founded the School of Youth for Social Service and the movement of Engaged Buddhism. Most recently initiator of the European Institute of Applied Buddhism in Germany. He was nominated for the Noble Peace Prize by Rev. Martin Luther King Jr.

"...this gentle Buddhist monk from Vietnam...is a scholar of immense intellectual capacity. His ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity."

*Dr. Martin Luther King, Jr., in nominating Thich Nhat Hanh for the Nobel Peace Prize in 1967*

**Deer Park Monastery** is in Escondido, 45 minutes northeast of San Diego, CA. On 400 acres of rocky mountain, sage brush and ancient oak groves, there are quiet hiking trails and spacious valleys. We offer year-round retreats in the art of mindful living, healing and transformation.

**Transportation to Deer Park Monastery:**

Ride Share Forum can be found on our tour website: [www.tnhtour.org](http://www.tnhtour.org).

Airport: San Diego International Airport (SAN), 36.7 miles from Deer Park.

Public transportation: please refer to the San Diego Commute website, [www.transit.511sd.com](http://www.transit.511sd.com), which will give you bus schedules, travel times and costs with, usually, about four options, including departure and arrival times.

Escondido Transit Center, 700 W. Valley Parkway, Escondido, CA 92025, 4.9 miles from Deer Park.

North County Transit (bus and train): [www.gonctd.com](http://www.gonctd.com) Bus: Greyhound: [www.greyhound.com](http://www.greyhound.com)

**Registration form and online registration:** [www.deerparkmonastery.org](http://www.deerparkmonastery.org)

**More Information and questions please contact us:**

Deer Park Monastery, *Together We Are One*, 2499 Melru Lane, Escondido, CA 92026.

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Last Updated January 19, 2011. Email: [deerpark@dpmail.net](mailto:deerpark@dpmail.net) or [info@tnhtour.org](mailto:info@tnhtour.org)