

# ***Awakening the Heart***

**Mindfulness Retreat  
University of British Columbia  
Vancouver, Canada  
August 8-13, 2011**

Offered by **Zen Master Thich Nhat Hanh** & Plum Village International Monastics,

*When we practice deep looking directed toward the heart of reality, we receive understanding, we receive the wisdom that makes us free.*

**- Thich Nhat Hanh, "True Love: A Practice of Awakening the Heart", Shambhala 2009**

You are warmly invited to join Zen Master Thich Nhat Hanh and the fourfold sangha of monks, nuns, laymen and laywomen for a special residential retreat at the University of British Columbia, Vancouver, Canada. When we take time to slow down, breathe and smile we can become truly present for ourselves, for our beloved ones and for our environment. We see the smiles of our children, know the wonder of being alive and understand how deeply we are connected to one another. Out of this awareness our true heart of understanding and love awakens. During this five-day retreat, we will practice together as a community, as a spiritual family, learning to lovingly embrace our sorrows and fears with the art of mindful living and bring about healing and transformation.

Each moment is a moment to awaken, to be truly alive. We will learn and practice how to breathe, sit, and walk freely and peacefully so we may truly enjoy the many conditions for happiness already available to us. We will share our experience of the practice within dharma discussion groups and enjoy the deep peace of total relaxation.

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 time to truly enjoy the food and the company of other practitioners
- Dharma Sharing 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
- Observing Noble Silence

***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 welcome and encouraged to attend the retreat. Normally the first part of Thây's Dharma talks is dedicated to the children.

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

A Teen's Program will be offered for ages from 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  
Working Meditation  
Dharma Talk  
Walking Meditation

### Afternoon & Evening Activities

Lunch and Rest  
Dharma Discussion/Tea Meditation in small groups  
Dinner  
Five Mindfulness Trainings Presentation, Q & A,  
Total Relaxation or Touching the Earth.  
Sitting meditation

All meals will be vegetarian, with emphasis toward vegan whenever possible. Each meal will consist of a number of dishes served buffet-style and we regret that we are unable to cater to individual dietary needs. In order to support the mindful energy, retreatants are requested to refrain from smoking, drinking alcohol and eating non-vegetarian products during the entire retreat. Everyone is requested to practice The Five Mindfulness Trainings which are the foundation of the mindfulness practice taught by our Teacher, Thây. The Trainings help bring happiness and meaning to all that we do. A full text of the Five Mindfulness Trainings will be sent to you 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, Saturday morning).

**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, he is the 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*

**Transportation to University of British Columbia, Vancouver, BC Canada:**

Ride Share Forum can be found on our tour websites: [www.tnhvancouver2011.org](http://www.tnhvancouver2011.org) & [www.tnhtour.org](http://www.tnhtour.org).  
Directions to Univ. BC: University of BC is only a 20-minutes drive from Vancouver International Airport or Downtown Vancouver; [www.attractions.ubc.ca/traveling\\_tips\\_maps](http://www.attractions.ubc.ca/traveling_tips_maps)  
Public transportation: 604.953.3333 or [www.translink.ca](http://www.translink.ca)

**Online Registration**

[www.tnhvancouver2011.org](http://www.tnhvancouver2011.org) , [www.deerparkmonastery.org](http://www.deerparkmonastery.org) , or [www.tnhtour.org](http://www.tnhtour.org)

**With option to pay by PayPal, credit card, or mail in payment**

**Cancellation Policy**

**Before July 1:** Of deposit paid, 85% refunded, 15% cancellation fee

**July 1-21:** Of total contribution due, 50% refunded, 50% cancellation fee

**After July 21:** No refund

**No refund of any portion of the registration fee is available for late arrivals or early departures**

**If your inquiries are not addressed in the FAQ at [www.tnhvancouver2011.org](http://www.tnhvancouver2011.org), then please contact us:** Email: [tnhvancouver2011@gmail.com](mailto:tnhvancouver2011@gmail.com)

Tel: **(760) 741-CALM** Fax: **(760) 291-1172**

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