

Compassion for Oneself, Compassion for the Earth

Buddhist Retreat

MAY 1-3, 2020



*In the tradition of Plum Village
(as established by Zen master Thich Nhat Hanh)*

at the Bosque Retreat Center, 6400 Coors Blvd. NW, Albuquerque, NM

Led by Terry Cortes-Vega, resident Dharma teacher from the Plum Blossom Sangha in Austin (plumblossomsangha.wordpress.com) and Dharma teacher-in-training Brian Kimmel (briankimmel.com). The theme is compassion and love for ourselves, all beings, and our planet.

This is a preliminary schedule—further details will follow.

Friday May 1: 4:00 p.m. Room checkin starts; 7:00 p.m. Introduction, orientation, meditation

Saturday May 2: 7:30 a.m. Breakfast, then teachings & practice, 12:00 p.m. Lunch, then teachings & practice, 6:30 p.m. Dinner

Sunday May 3: Before breakfast: Ceremony to Transmit the Five Mindfulness Trainings, 7:30 a.m. Breakfast, followed by teachings, practices, and wrap-up, 11:30 a.m. Retreat ends.

This retreat is open to all. Registration is \$95. This registration fee includes a small amount of Dana for the teachers. In accordance with the Buddhist tradition of generosity to teachers for the benefits obtained, additional donations to the teachers are encouraged.

Bedrooms are available at extra cost, all with shared baths down the hallway. Thirty single rooms are available at \$56/night and four queen rooms at \$64/night. Please specify night(s) desired (Fri. and/or Sat.).

Foods other than light snacks (granola bars, trail mix, fruit, cookies, drinks) are not permitted to be brought onto the retreat grounds. All meals are provided by the Bosque Center cook at extra cost if reserved on this form, and are vegetarian (may contain eggs or dairy). Please specify continental or hot breakfast if desired Saturday and/or Sunday. Lunch and dinner are only available on Saturday. Meal costs include 20% service charge. There are also several restaurants within 4-5 blocks south of Bosque Center.

If you cannot afford the registration fee a few scholarships are available. You can request a scholarship by submitting a letter or e-mail describing your need.

Sponsored by the Rainbow Sangha in Albuquerque—more information at rainbowsangha.org and facebook.com/rainbowsangha. More information on the Bosque Center is available at bosquecenter.org. A copy of this flyer & registration form is available at <https://rainbowsangha.org/2020/02/04/registration-for-retreat-in-albuquerque-may-1-3-2020/>

Registration form for *Compassion for Oneself, Compassion for the Earth* retreat in Albuquerque May 1-3, 2020

Name _____ Age _____

Address _____

Phone _____

Email _____

How long have you been practicing Buddhism? _____ years

How familiar are you with the Plum Village tradition? _____

Have you formally received the Five or Fourteen Mindfulness Trainings? _____

Item	\$ Cost ea.	Number	Circle Days	Extended cost (cost x number)
Retreat registration	95	_____	All included	_____
Single room, shared bath	56/night	_____	Fri. Sat.	_____
Queen room, shared bath	64/night	_____	Fri. Sat.	_____
Continental breakfast	9	_____	Sat. Sun.	_____
Hot breakfast	17	_____	Sat. Sun.	_____
Lunch	20	_____	Sat. only	_____
Dinner	24	_____	Sat. only	_____

Total \$ _____

Please make checks payable to **Jon Nimitz** and mail along with this completed registration form *by the deadline of April 15* to:

Jon Nimitz
3300 Mountain Rd. NE
Albuquerque, NM 87106-1920

phone (505) 256-1463, e-mail jnimitz@comcast.net

