



Happiness Is The Way

A Two-Day Zen Buddhist retreat
in the tradition of Plum Village and Thich Nhat Hanh

**Tuesday August 17 (8 am - 8:30 pm) &
Wednesday August 18 (8 am - 3 pm), 2021**

At the Coronado Campground, 106 Kuaua Rd, Bernalillo, NM 87004, more info at
www.townofbernalillo.org/departments/coronado_campground/index.php

On arrival, please sign in at the large covered shelter.

This is about a 30 minute drive north from Albuquerque on I-25, or about 45 minutes south from Santa Fe on I-25, then taking exit 242 in Bernalillo and going west on US-550 for 1.7 miles.

All are welcome, at any level of experience. Please join us for two days of a peaceful, uplifting retreat. Will include mindfulness practice in community, sitting and walking meditation, Dharma talks, Dharma discussions, singing, and transmission of the Five Mindfulness Trainings.

Three of the brothers (monks) from Deer Park Monastery in California are coming to lead the retreat. They are Brother Freedom (the acting abbot of Deer Park), Brother Gem, and Brother Earth. A large covered meeting area has been reserved, along with three smaller covered breakout areas.

Please bring your own lunches, dinner, and snacks, cushion or folding chair, yoga mat, hat, sunscreen, water bottle, walking shoes, and modest comfortable clothing. August here can be hot and can be rainy. Because of the average age of the participants, non-vaccinated individuals are asked to wear masks and maintain a social distance of six feet.

You can reserve a tent site or an RV site by contacting the campground at (505) 980-8256. Hotel accommodations are also available within walking distance at the Santa Ana Star hotel, phone (844) 466-2378, www.santaanastar.com/hotel/. The hotel provides two-way shuttle service to the Albuquerque airport.

In the Buddhist tradition, dana (generosity, donations) are offered in thanks for the benefits received. To cover the expenses of this retreat, suggested dana is \$100 per person, or \$50 per person for students or those with limited financial resources.

Donations should be made to the nonprofit Thich Nhat Hanh Foundation, designated for the Road Retreat, online at <https://thichnhathanhfoundation.org/donate>, or by check mailed to 2499 Melru Lane, Escondido, CA 92026, or at the retreat.

Sponsored by the Rainbow Sangha of Albuquerque, www.rainbowsangha.org.

