

Deep Listening: A Path to Understanding Buddhist Retreat



FRIDAY EVENING MARCH 31- NOON SUNDAY APRIL 2, 2023

In the tradition of Plum Village

(as established by Zen master Thich Nhat Hanh)

at the Norbertine Retreat Center, 5825 Coors Blvd. SW, ABQ, NM

This retreat is open to all. It will run from an introductory meeting Friday evening through about noon Sunday. Sunday morning the formal ceremony to receive the Five Mindfulness Trainings will be offered.

Led by Terry Cortes-Vega, resident Dharma teacher from Plum Blossom Sangha in Austin (plumblossomsangha.wordpress.com) with assistance from the talented musician Nhu Mai Nguyen.

The theme is **deep listening to heal ourselves, all beings, and our planet**. Simple meals are included with registration fee (vegetarian with vegan option), including dinner on Friday, breakfast, lunch, and dinner on Saturday, and breakfast on Sunday. Sunday lunch after the retreat ends will be on your own. You may commute or may reserve a newly built room with private bath and two single beds for Friday & Saturday nights. Here's a schedule, subject to modification. Please note that events are optional - breaks and personal time can be taken when desired.

Friday March 31: 5:00-7:00 p.m. Arrive, check in, get room if reserved. 7:00-8:00 Welcome, orientation, singing. 8:00-9:00 Dharma talk and meditation.

Saturday April 1: 6:30-6:45 a.m. Mindful movements. 6:45-7:45 Morning Chant, Sutra reading, sit/walk/sit. 7:45-8:45 Breakfast. 8:45-10:00 Singing and Dharma talk: Listening to Yourself. 10:00-11:00 Outdoor walking. 11:00-12:00 Calligraphy/consultations. 12:00-1:00 p.m. Lunch. 1:00-2:00 Guided deep relaxation/consultations, 2:00-3:00 Beginning Anew. 3:00-5:00 Family Dharma discussion (inc. Five Mindfulness Trainings). 5:00-6:00 Dinner. 6:00-7:00 Sing, dance, play. 7:00-8:00 Dharma talk: Listening to Others, meditation. 8:00-9:00 Evening walk, orientation for those receiving the 5 MT

Sunday April 2: 6:45-8:00 a.m. Five Mindfulness Trainings Transmission Ceremony. 8:00-9:00 Breakfast. 9:00-10:00 Singing, Dharma talk: Listening to the Earth, meditation. 10:00-11:30 Family Dharma Discussion. 11:30 Closing Circle.

Please bring your own cup, water bottle, cloth napkin, hat, sunglasses, sunscreen, jacket in case of cool weather, and yoga mat. Service animals only, and children can visit only during the day under direct supervision (no day care provided and the insurance does not allow overnight stays by children). Masks are optional.

A registration form follows this flyer. Registration is \$140, including all meals. New rooms with private baths are available for Friday and Saturday night at the rate of two nights single occupancy for \$140 or double occupancy for \$220. In accordance with the Buddhist tradition of generosity to teachers for the benefits obtained, additional donations to the teachers are encouraged. Sponsored by the Quiet Mind Sangha in Albuquerque. More info and a copy of this flyer and registration form are available at www.quietmindsangha.org. A small number of scholarships might be available for those in need, on request. There will not be a Zoom option for this retreat, but there are other retreats available and you're welcome to join our weekly Quiet Mind Sangha meetings by Zoom (contact us thru website or email).

Registration form for *Deep Listening: A Path to Understanding retreat in Albuquerque March 31-April 2, 2023*

Name _____
Address _____
Phone _____
Email _____

How long have you been practicing Buddhism? _____ years
Have you attended previous retreats in the Plum Village or other traditions? _____

Item	\$ Cost each	Number	Extended cost (cost x number)
Retreat registration per person	140	_____	_____
Single occupancy room, 2 nights	140	_____	_____
Double occupancy room, 2 nights	220	_____	_____
Total \$			_____

In accordance with the policies of the Norbertine Retreat center, full payment is required with registration to reserve your space. Attendance is limited to 40 participants and the deadline for receipt of registration is March 1.

Please make checks payable to **Jon Nimitz** and mail along with this completed registration form to:

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

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

