

PRELIMINARY ANNOUNCEMENT

***SAVE THE DATES!***

***Deep Listening:  
A Path to Understanding  
Buddhist Retreat***



**FRI. EVENING MARCH 31- MIDDAY SUN. 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 on Friday evening through about midday on Sunday. On Sunday morning the formal ceremony to take the Five Mindfulness Trainings will be offered.

The retreat will be led by Terry Cortes-Vega, resident Dharma teacher from the Plum Blossom Sangha in Austin ([plumblossomsangha.wordpress.com](http://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.

The Norbertine Center has recently constructed new accommodations for retreatants, which will be available for rental.

Further details, including a more detailed schedule, how to register, how to reserve a room, and costs will be distributed when available and posted on the website [quietmindsangha.org](http://quietmindsangha.org).

Sponsored by the Quiet Mind Sangha in Albuquerque—more information about the Sangha is available at [quietmindsangha.org](http://quietmindsangha.org). More information on the Norbertine Retreat Center is available at [norbertinecommunity.org](http://norbertinecommunity.org).

