



Interbeing

Sangha of Kingston

invites you to

PEACE IS EVERY STEP

SPRING REGIONAL RETREAT

In the Plum Village Tradition of Thich Nhat Hanh

3-day residential retreat - May 9 to 12, 2019

St. Lawrence College

Come discover or deepen your meditation practice. Guest dharma teachers from the **Ottawa Pagoda Sangha** and **Kingston Sangha** will be joining us to share their wisdom.

- Sitting and walking/moving meditation
- Dharma talks and sharing
- Mindful movement
- Total relaxation
- Mindful eating together
- Deep listening and loving speech

This spring retreat welcomes everyone, regardless of cultural background or religion, and requires no prior knowledge of or initiation to meditation. Our venue is wheelchair accessible.

MORE INFO & TO REGISTER:

peaceiseverystepkingston.weebly.com