

Wake Up

Playing with Our Monkey Mind

Mindfulness Retreat for Young Adults (21-35 yrs)

May 26 – 30, 2010

for a Compassionate and Healthy Society
at **Deer Park Monastery, Escondido, CA**



*practicing together as a family,
to be present, to relax,
to focus, to be free*



- Getting to know our restless mind & befriending ourselves - Silence & Nature -
- Sitting, Walking & Eating Meditation - Working Together - Singing, Exercise, Hiking -
- Sharing & Listening - Discovering our Aspiration in Life -

More information and registration: www.dpweb.org - deerpark@dpmail.net - (760) 291-1003 x100