

## Mindfulness Retreat

Hosted by the Zen Buddhist Temple



*From time to time, we can set aside some time for a retreat or day of mindfulness so we can sit, walk slowly, smile, eat lunch with friends, and enjoy being together as though we are the happiest people on Earth. This not just a retreat, it is a treat.*

*Thich Nhat Hanh*

**Sunday, April 26<sup>th</sup>, 2015 10am - 4:30pm**  
**At: Howell Nature Center**  
**1005 Triangle Rd. Howell, Mi 48843**  
**[www.howellnaturecenter.org](http://www.howellnaturecenter.org)**

Everyone is welcome to attend this special day of meditation, mindfulness and fun at the Howell Nature Center. We'll have Dharma discussion groups and/or a team building challenge event, sitting and walking meditations and free time to be present and relax in a natural setting. Youths will have the opportunity to engage in activities lead by our dedicated leaders. Please bring a vegetarian dish to share for the Potluck lunch.

This year's challenge event will include the Zipline, for more information check out [www.howellnaturecenter.org](http://www.howellnaturecenter.org)

Please send your **registration form by April 17<sup>th</sup>** to Moun at [zenfamilies@gmail.com](mailto:zenfamilies@gmail.com) or the Temple at 1214 Packard, Ann Arbor Mi. 48103