



**WEEKEND MINDFULNESS RETREAT
(MARCH 7-10, 2013) AT THE TRAPPIST ABBEY
IN LAFAYETTE, OREGON IN THE TRADITION OF
THICH NHAT HANH**



Listening to the sound of silence led by Dharma Teacher Jerry Braza and Order of Interbeing Member Nisi Segor

Registration:

Cost: \$150.00 for Thursday-Saturday night (suggested donation for Abbey), which includes room and board. Dana is traditionally offered for the teachings. We are limited to only 10 people and **registration is due by Monday, February 15.**

Due to limited retreat size, those that register after the retreat is filled will be put on a wait list. They will be considered if there are cancellations, and will receive first consideration for our fall retreat at the Abbey. **Send name, address, email address, and phone number, together with deposit of \$50.00.**

Checks made payable to "Trappist Abbey" and send by Feb. 15 to:

Nisi Ségor, 439 Ridge Crest Drive, Oregon City, OR 97045