

The background is a painting of a mountain landscape. A stone path leads up a grassy hill towards a pavilion and a bridge. The sky is blue with some clouds. The title 'Deer Park Monastery' is written in a stylized font at the top, with 'in the great hidden mountain' written below it in a smaller font. The painting is signed 'M. Miller' in the bottom right corner.

# Deer Park Monastery

*in the great hidden mountain*

*May we continue  
on the path  
of happiness  
and peace  
together as a  
spiritual family.*

**2011 - 2012**

*Retreats (special & general)  
Theme Weekends  
& Days of Mindfulness*

## Retreats

*These special retreats are offered annually at Deer Park Monastery. Whether we are new to the practice of mindfulness or we have already been practicing for a long time we are welcome to join these retreats. There will be Dharma Talks based on the theme of the retreat and Sharing groups where we can learn to listen and share from the heart. The retreats also include sessions of our basic practices like sitting, walking and eating meditation. We practice together as a Sangha, a community that practices harmony and awareness in ways that are easy to implement into our daily lives.*

**Nov 18 – Feb 19**

**Winter Retreat**

*7 – 90 days of practice, for monastic and lay practitioners*

**Dec 28 – Jan 1**

**Holiday Retreat**

*for people of all ages, backgrounds and experiences*

**Apr 27 – 29**

**Meditation & Education Retreat**

*for college students and educators*

**May 23 – 27**

**Wake Up Retreat**

*for young adults, ages 18 – 35*

**June 27 – July 1**

**Family Retreat**

*for children, teens, parents and grandparents*

**July 11 – 15**

**Teen Camp**

*for teens (13 – 19 yrs), no parents allowed*

**Sep 11 - 16**

**English Speaking Retreat**

*for people of all ages, backgrounds and experiences*

**Sept 19 - 23**

**Vietnamese Speaking Retreat**

*for people of all ages, backgrounds and experiences*

**Nov 2 – 4**

**Meditation & Education Retreat**

*for college students and educators*

*More information for these retreats and registration  
will be available on-line once the retreat is coming closer.*

## Theme Weekends

The weekend will include sessions (three or more) for the participants to focus on the special topic offered. These special sessions will be lead by one or more monastic or lay Dharma Teachers in the Plum Village tradition. Each weekend will include three or more sessions for the participants to focus on the special topic offered and will flow alongside the regular schedule of the monastery including sitting meditation, walking meditation, mindful meals etc together with the whole community. We ask for your understanding if due to illness or another unexpected occurrence, we need to substitute the teacher. We understand that the Sangha, the community of practice, is our teacher and friend on the path. It is necessary to pre-register for these weekends.

**March 23 - 27**

**Live as a Bodhisattva**

*lead by Dharma Teacher Eileen Kiera (Mountain Lamp)*

**April 13 - 15**

**Touching the Earth**

*Embracing Ancestors, Nourishing Descendants  
Multi-Rooted Practice for our Times*

*lead by Dharma Teachers Lyn Fine & Chau Yoder*

**May 11 – 13**

**Circling the Sacred Mountain**

*a hiking and nature based theme, lead by Thay Chinh Quang*

**June 15 – 17**

**Mindful Nourishment**

**& Vegetarian Cooking**

*lead by Dharma Teachers Chan Huy, Su Co Trung Chinh, Su Co Khanh Nghiem*

**August 10 - 12**

**Just Sit**

*deepening our sitting meditation, lead by Thay Phap Hai*

**October 12 - 14**

**Back to Basics**

*a beginners introduction to meditation and the art of mindful living,  
lead by Thay Phap Hai*

**November 9 - 11**

**Strengthening the Sangha Builder**

*deepening our understanding of Sangha, developing our facilitation skills  
lead by Thay Phap Ho & Su Co Quynh Nghiem and lay teachers*

*More information for these weekends and registration  
will be available on-line once the weekend is coming closer.*

## General Retreat

*During the year Deer Park is available for weekend or week retreats, starting on Fridays. You stay with other friends and participate in the activities of the residential monastic and lay community. We regularly have friends staying with us for longer time in order to deepen their practice of mindfulness.*

## Days of Mindfulness

*Thursday and Sunday are our weekly Days of Mindfulness. These days Deer Park are open for friends to come and practice with us for the day. The activities start at 9 am, please come early so you have time to park and walk calmly to the activity. On Thursdays we practice together in Clarity Hamlet and on Sunday we practice in Solidity Hamlet.*

For more information please visit our website  
[www.deerparkmonastery.org](http://www.deerparkmonastery.org)

# Welcome



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