

Coming Home to Ourselves: A Morning of Practice



Saturday, April 3, 2010 at Blueberry Gardens in Ashton, Maryland

Our practice is to take refuge in the present moment because the present moment is always available. The present moment is full of life, full of wonders. We don't have to run towards the future to get it. You are already a wonder and surrounding you are wonders you can experience, if you know how to stop and to become fully present. -- Thich Nhat Hanh

Many of us, take little time in our daily lives to come back to ourselves. We are focused on schedules and tasks, and on meeting other people's needs. A day of practice allows us to refresh ourselves and to more deeply experience the flow of life around and through us.

You are invited to join us on Saturday, April 3rd.

Our Morning of Practice will take place in the Octagon at Blueberry Gardens in Ashton, Maryland. Our program is below. The suggested donation is \$25—\$50. Please feel free to contribute less or more according to your circumstances.

To register, please go to our web site: www.StillWaterMPC.org. If you have questions, please email info@StillWaterMPC.org or call 301 270-8353. For directions to Blueberry Gardens, go to www.blueberrygardens.org.

Schedule

8:40	Registration and settling in	10:50	Break and outdoor walking meditation
9:00	Welcoming, deep relaxation of the body	11:15	Sitting meditation
9:30	Sitting meditation	11:40	Touching the Earth
10:00	Walking meditation	12:10	Sharing
10:30	Dharma talk: Coming Home to Ourselves	12:30	Closing bell