



Calm-Abiding Meditation Retreat

August 18th – 19th

With Buddhist Dharma Teacher Julia Tenzin

Developing fully our human potential is the fruit of mind training. Calm abiding meditation is the foundation practice. We train the basic precision of mindfulness, combined with ever growing awareness. Mindfulness and awareness is what brings out our innate goodness and fearlessness.

During this weekend, we will take the time to get a taste of calm abiding meditation. Dharma teacher Julia Tenzin will give instructions from the meditation manual of the Kagyü Master Karmapa Wangchuk Dorje and lead the meditation sessions. And there will be plenty of time for questions and discussion. Bodhi Path Eugene invites you to join us for this special program.

Date: August 18 th – 19 th
Welcome Reception: August 17 th , 6-9pm
Time: August 18 th , 7am – August 19 th 5pm
Location: 7467 Elkhead Road, Yoncalla OR 97499
Tuition: \$136 for Entire Program or \$68/per day
Accommodations: Camping or RV.
Meals: Continental Breakfast, Vegetarian Lunch and Dinners included.
Registration Deadline: August 15 th , 2007

Meditation Schedule

7-8 am	Meditation
8-9 am	Breakfast
9-10:30 am	Teaching with Discussion
11-12 pm	Meditation
12-2:30pm	Lunch and Break for Walks
2:30-3:30pm	Meditation
4-5pm	Teaching and Discussion
5:30-6:30pm	Meditation
7-8pm	Dinner
8-9pm	Meditation

Name:	
Address:	
Phone:	
Email:	
2 Days or 1 Day	
Tuition: Cash Check Money Order	
Payable to Bodhi Path Karma Kagyü Buddhist Centers at Oregon	