



THE EARTH HOLDER SANGHA INVITES YOU TO
ENJOY A DAY OF MINDFULNESS
WITH JOANNE FRIDAY

JOY IN OUR HEARTS - JOY IN OUR WORLD

SATURDAY, APRIL 10TH, 2010 10:00AM TO 4:00PM

CHASE COLLEGIATE SCHOOL, 565 CHASE PARKWAY, WATERBURY, CT 06708

PLEASE GO TO WWW.CHASECOLLEGIATE.ORG FOR DIRECTIONS*

* PLEASE PARK IN GOSS FIELD HOUSE LOT- PLEASE PROCEED TO UPPER SCHOOL-BLDG. 7 ON MAP

“The amount of happiness that you have depends on the amount of freedom that you have in your heart.” Thich Nhat Hanh from Taming the Tiger Within

JOANNE FRIDAY IS A DHARMA TEACHER IN THE TRADITION OF VENERABLE THICH NHAT HANH. SHE IS AN INSIGHTFUL WORKER FOR PEACE. IN BUDDHIST TRADITION WE PRACTICE DANA - FINANCIAL SUPPORT - TO SHOW OUR GRATITUDE.

- ◆ THE DAY WILL INCLUDE SITTING MEDITATION, WALKING MEDITATION, A DHARMA TALK, DISCUSSION, AND QUESTIONS AND ANSWERS.
- ◆ CHAIRS WILL BE PROVIDED. YOU ARE WELCOME TO BRING PILLOWS OR BENCHES FOR SITTING MEDITATION.
- ◆ WE WILL PROVIDE TEA, SNACKS AND A VEGETARIAN LUNCH.

QUESTIONS: CONTACT JUDITH AT 203-264-7807 OR JUDITHESTEVENS@CHARTER.NET (PLEASE DO NOT CONTACT CHASE COLLEGIATE SCHOOL)

PLEASE MAIL THIS FORM AND \$25.00 CHECK BY APRIL 4TH PAYABLE TO JUDITH STEVENS DOM, 798 D HERITAGE VILLAGE, SOUTHBURY, CT 06488.

NAME: _____ EMAIL: _____
 STREET: _____ PHONE: _____
 CITY/ST/ZIP: _____

VOLUNTEERS NEEDED - CHECK HERE IF YOU ARE WILLING TO HELP ____

If you wish to ask Teacher Joanne a specific question, please write it on the back of this form