



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

WITH DHARMA TEACHER JOANNE FRIDAY

ON

CREATING JOYFUL FAMILIES

SUNDAY, APRIL 11TH, 2010 -10:00AM TO 2:00PM

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

PLEASE GO TO WWW.CHASECOLLEGIATE.ORG FOR A MAP AND DIRECTIONS.

PROCEED TO GOSS FIELD HOUSE LOT. THE PROGRAM WILL BE IN UPPER SCHOOL – BLDG. 7 ON THE MAP.

“IF A FATHER AND SON DO NOT UNDERSTAND EACH OTHER, THEY WILL MAKE EACH OTHER SUFFER. SO UNDERSTANDING IS THE KEY THAT UNLOCKS THE DOOR TO LOVE.” 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 TO OUR TEACHER.

- ◆ THE DAY WILL INCLUDE: NAME JUGGLING, MEDITATION INSTRUCTION, JOYFULLY BEING TOGETHER AND MINDFULNESS PRACTICE.
- ◆ WE ASK THAT ALL PARTICIPANTS BRING VEGETARIAN BAG LUNCHES. * WE WILL PROVIDE TEA, JUICE AND SNACKS AND PLEASE NOTE THAT CHASE SCHOOL IS A NUT-FREE ENVIRONMENT.

INDIVIDUALS \$15 AND FAMILIES \$30 – ALL AGES WELCOME.

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

PLEASE MAIL THIS FORM AND YOUR CHECK BY APRIL 4TH PAYABLE TO JUDITH STEVENS, DOM,
798 D HERITAGE VILLAGE, SOUTHURY, CT 06488.

NAME _____ CHILD'S NAME AND AGE _____

ADDRESS _____

PHONE _____ EMAIL _____

* PLEASE ADVISE US OF ANY FOOD ALLERGIES ON THE BACK OF THIS FORM