



## ***Beginning Anew Mindfulness Retreat***

**January 20-22, 2017**

**St. Crispin's Episcopal Conference Center**

**7:00pm Friday - 11:30am Sunday**

Join us and Dharma Teachers Larry Ward and Peggy Rowe for a weekend retreat in the healing beauty of nature to hear ancient teachings made fresh. In this very moment love abides in our bones ... healing and transforming the wounds of time. This is an opportunity to celebrate the individual and collective awakening of a new consciousness of *fierce equanimity*. Whatever our concerns or needs, we can open the cave of our hearts to the call of this embodiment now.

We will practice mindfulness together, enjoying our breath, our steps and our smiles. We will have opportunities for mindful eating, noble silence, sharing, deep relaxation, sitting and walking meditation. There will be talks and exercises to deepen our understanding of how to embody *enlightened perspective* and *awakened love* in our daily lives.

***Come join us as we refresh our bodies, hearts, and minds.***

4 Vegetarian meals, two nights lodging, and all materials are furnished

***Cost: Sliding scale of \$260 to \$330***

(More if you can, less if you can't)

***All rooms are double occupancy.***

***Single occupancy rooms available for additional fee. Please ask.***

***Registration deadline January 10th***

***Please reserve early by using the form on the next page.***

Sponsored by The Silence Foundation & Prairie Wind Sangha  
Practicing in the tradition of Thich Nhat Hanh  
Contact Registrar Pat Webb [webbpat1@cox.net](mailto:webbpat1@cox.net) \* (405) 209-7117

## Our Teachers & Venue

**Larry Ward and Peggy Rowe** live on Vashon Island near Seattle. Larry has a PhD in Religious Studies with an emphasis on Buddhism and is also a Christian Minister. Peggy Rowe, EdD, has degrees in Adult Education and Counseling Psychology. In 2001 Peggy and Larry received Dharma Teacher Transmission from Zen Master Thich Nhat Hanh. They offer retreats in the United States, Canada, Europe, Mexico and Asia. Peggy serves as a spiritual director for Buddhist practitioners in the US and Thailand. She and Larry co-authored Love's Garden: A Guide to Mindful Relationships, chosen as an outstanding Buddhist publication 2010.

**St. Crispins** is about an hour east of Oklahoma City on Highway 9 near Wewoka. The center is on 450 acres of rolling oak-covered hills in Seminole county. Quiet trails and clear lakes, beautiful wooded grounds, comfortable lodging and excellent vegetarian meals will contribute to our retreat. Check out their website [www.stcrispins.org](http://www.stcrispins.org).



**This is a residential retreat.**

**Please register as soon as possible by mailing your check with the registration form below. You will receive a welcome letter with what to bring.**

**Some partial scholarships are available. For more information or special needs, please contact Pat at [webbpat1@cox.net](mailto:webbpat1@cox.net).**

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**Please make checks payable to PRAIRIE WIND SANGHA and mail to Pat Webb at 6051 N. Brookline Ave. #126, Oklahoma City, OK. 73112**

## REGISTRATION

**Beginning Anew Mindfulness Retreat – January 20-22, 2017**

**St. Crispin's**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_ Enclosed is my \$50 deposit.

\_\_\_ Enclosed is my check for \$ \_\_\_\_\_ (double occupancy)

\_\_\_ Enclosed is my check for \$ \_\_\_\_\_ (single room)

Roommate request (if applicable) \_\_\_\_\_