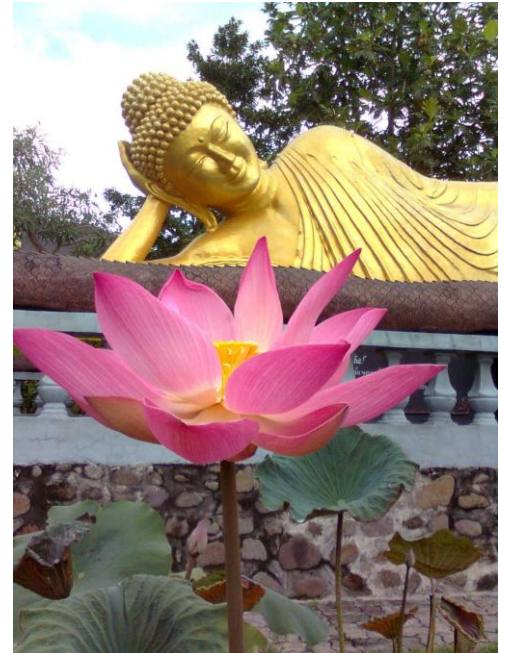


Mind of Love Mini-Retreat:

Rest and Forward Motion

Saturday, February 17th
10:00 - noon

at Radiant Living 6051 N. Brookline, #127



In this *Mini-Retreat* we'll gather to practice mindful breathing, walking, eating and art-making to support loving care and deep listening to our bodies. In this month of love, it's wonderful to practice together giving attention to our precious physical vehicle.

“As you accept your body, you have a chance to see your body as your home. You can rest, settle in, relax, and feel joy and ease. Accepting yourself as you are is a very important practice. As you practice building a home in yourself, you become more and more beautiful.”
- Zen master Thich Nhat Hanh

The aim of **Mind of Love (Bodhichitta)** is to help us uncover thoughts so consistently loving that our view of self, others, and the world is transformed. Our actions (and general happiness!) follow naturally.

Think of this as YOUR sanctuary time. Come ready to rest, enjoy and learn practices to nurture your awareness day by day!

Donations accepted (suggestion \$20) Limit 14 persons so please register early

You can pre-register by emailing Pat at silencefoundation@cox.net

OR

Use PayPal on the site www.silencefoundation.org

Questions? Call Pat 405-209-7117

Pat Webb is a mindfulness trainer and Oklahoma poet. In 1997 she left her home and career to go “into the Silence” and renew her life’s purpose. Since then, Pat has conducted hundreds of Silence Workshops throughout the U.S., Mexico, and Canada. In 2004, she co-founded Prairie Wind Sangha (a meditation group in OKC). Pat has taught meditation, journaling and mindfulness to groups and individuals for over a decade. She directs **The Silence Foundation**, a non-profit organization.