

Come To A Weekend Mindfulness Retreat!

January 13 - 15, 2018 Miami Beach, FL

Please register early.



Theme: **Going Home**

"And you? When will you begin that long journey into yourself?" ~ Rumi

with Dharma Teacher, **Terry Cortés-Vega**

Ordained into **Thich Nhat Hanh's Order of Interbeing**, Sister Terry is a lay Dharma Teacher. She offers retreats and public talks throughout North America.

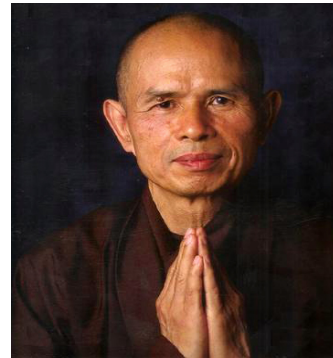
Join us in a tranquil, beautiful setting on the ocean-side of Collins Avenue in mid-Miami Beach!

Sponsored by the *Blue Ocean Sangha*

The Blue Ocean Sangha members and friends invite you to a wonderful weekend mindfulness retreat in Miami Beach!

Practicing together as one spiritual family, we will learn to go home into ourselves through the beautiful art of mindful breathing, walking, sitting, eating and resting.

For more information and to register please visit:
www.blueoceansangha.org



The present moment is filled with joy and happiness."
-Thich Nhat Hanh

Retreat Schedule:

- Saturday & Sunday, Jan-13 & 14: **9 AM – 5:00 PM**, and
- Monday Jan-15 MLK Day: **9 AM – 3:00 PM**.

Registration: (includes 3 vegan lunches per person)

\$140.00

Direct any registration questions to:

Faith - presentmomentmb@yahoo.com

"Because you are alive, everything is possible."

Thich Nhat Hanh

Registration deadline is January 11, 2018. Retreat confirmation, logistics and further details will be sent promptly by email upon registration.

Accommodations for out-of-town participants: Next door to the retreat venue is the Casablanca Hotel. Please inquire about availability and rates. <http://www.casablancaontheocean.com/> **AirBnB.com** has great room rates too.

Note: This information is provided as reference and is not intended to be an endorsement of this hotel.