

Deer Park Day of Meditational Practice

Oct 30, 2010

A Deer Park Day of Mindfulness will be held on Sat Oct 30, 2010 with Ven Geshe Tenzin Dorje (Deer Park resident teacher) and Ven Tsenla (nun and translator). The day will begin at 7am (please arrive by 6:45am) and end by 6pm, combining guided and non-guided meditation periods, teachings (subject to be announced), and discussion. Breakfast and lunch will be provided. Except for discussion, we request that all participants keep noble silence and the 5 precepts* during the day.

The cost for the one day non-residential retreat will be \$30 to cover materials, food, etc. payable by **Oct 27th**. As always there is no cost for the teachings themselves but an opportunity will be available at the end of the day to make an offering to Ven Geshe Dorje and Ven Tsenla for their time generously given to us.

Please email deerpark@tds.net to register at your earliest convenience with your name and "Deer Park Day of Meditational Practice-Oct 30, 2010" in the subject field. You may pay your registration fee of \$30 by credit card on the Deer Park Center website:

http://deerparkcenter.org/NewFiles/con_dp.html

Important- please indicate the purpose of your payment , as there are HHDL DVDs for sale and other purposes that donations or payments are made.

Or you may send a check to Kalleen Mortensen at the address below:
(but please send an email to deerpark@tds.net to register no matter which payment method you use)

Deer Park Fall Day of Meditational Practice
c/o Kalleen Mortensen
425 Clemons Ave
Madison, Wi 53704

The deadline for registering and sending your payment is **Oct 27, 2010.**

*During the retreat we request that all participants share in holding the five precepts (no harming, no taking others' possessions, no lying, no engaging in sexual activity and no taking intoxicants).

