


Deer Park Monastery

in the great hidden mountain



*May we continue
on the path
of happiness
and peace
together as a
spiritual family.*

2011 - 2012

*Retreats (special & general)
Theme Weekends
& Days of Mindfulness*

Retreats

These special retreats are offered annually at Deer Park Monastery. Whether we are new to the practice of mindfulness or we have already been practicing for a long time, we are welcome to join these retreats. Dharma Talks based on the theme of the retreat will be offered by Dharma Teachers. There will be Dharma Sharing groups where we can learn from each others experience and to listen and share from the heart. The retreats also include sessions of our basic practices like sitting, walking and eating meditation. We practice together as a Sangha, a community that lives in harmony and awareness. We learn the art of mindful living, practicing in such a way that we can continue to apply the teaching and practice in our daily lives.

Nov 18 – Feb 19 **Winter Retreat**
90 days of practice, for monastic and lay practitioners

Dec 28 – Jan 1 **Holiday Retreat**
for people of all ages, experiences and backgrounds

Apr 27 – 29 **Meditation & Education Retreat**
for college students and educators

May 23 – 27 **Wake Up Retreat**
for young adults, ages 18 – 35, visit the Wake Up movement: www.wkup.org

June 27 – July 1 **Family Retreat**
for children, teens, parents, grandparents – the whole family

July 11 – 15 **Teen Camp**
for teens (13 – 19 yrs), no parents allowed

Sep 11 - 16 **Mindfulness Retreat in English**
for people of all ages, experiences and backgrounds

Sept 19 - 23 **Mindfulness Retreat in Vietnamese**
for people of all ages, experiences and backgrounds

Nov 2 – 4 **Meditation & Education Retreat**
for college students and educators

*More information about these retreats and registration
will be available on-line once the retreat is coming closer.*

Theme Weekends

During each of these weekends there will be special sessions led by one or more monastic or lay Dharma Teachers in the Plum Village tradition. Each weekend will include three or more sessions for the participants to focus on the special topic offered. For the rest of the weekend the participants will flow alongside the regular schedule of the monastery including sitting meditation, walking meditation, mindful meals etc together with the whole community. We ask for your understanding if due to illness or another unexpected occurrence, we need to substitute the teacher. We understand that the Sangha, the community of practice, is our teacher and friend on the path. It is necessary to pre-register for these weekends.

March 23 - 27

Alive as a Bodhisattva

led by Dharma Teacher Eileen Kiera (Mountain Lamp, mountainlamp.org)

April 13 - 15

Touching the Earth

Embracing Ancestors, Nourishing Descendants

Multi-Rooted Practice for our Times

led by Dharma Teachers Lyn Fine & Chau Yoder

May 11 – 13

Circling the Sacred Mountain

a hiking and nature based theme, led by Thay Chinh Quang

June 15 – 17

**Mindful Nourishment
& Vegetarian Cooking**

led by Dharma Teachers Chan Huy, Su Co Trung Chinh, Su Co Khanh Nghiem

August 10 - 12

Just Sit

deepening our sitting meditation, led by Thay Phap Hai

October 12 - 14

Back to Basics

a beginners introduction to meditation and the art of mindful living,

led by Thay Phap Hai

November 9 - 11

Strengthening the Sangha Builder

deepening our understanding of Sangha, developing our facilitation skills

led by Thay Phap Don, Su Co Quynh Nghiem and lay teachers

*More information about these weekends and registration
will be available on-line once the weekend is coming closer.*

General Retreat

During the year Deer Park is available for weekend or week retreats, starting on Fridays. Please consult our website for available arrival days. You stay with other friends and participate in the activities of the monastic and lay community of Deer Park. General retreat is also available during our annual Winter Retreat. We also regularly have friends staying with us for longer time in order to deepen their practice of mindfulness.

Days of Mindfulness

Thursday and Sunday are our weekly Days of Mindfulness. These days Deer Park open for friends to come and practice with us for the day. The activities start at 9 am, please come early so you have time to park and walk calmly to the activity. On Thursdays we practice together in Clarity Hamlet and on Sundays we practice in Solidity Hamlet.

For more information please visit our website:
www.deerparkmonastery.org

Welcome



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*Painting on the front page by artist and practitioner John Moseley
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