

# Present Moment: Transforming Our Future

A Mindfulness Retreat in the Tradition of Thich Nhat Hanh

With

Dharma Teacher, Brother Chan Huy (True Radiance)

An experienced Dharma teacher in the Order of Interbeing. Ordained by Zen Master Venerable Thich Nhat Hanh. Brother Chan Huy offers retreats and public talks throughout North America.

Sponsored by

**Blue Ocean Sangha**

April 16-17, 2011

Coral Gables, Florida

*"The best way to take care of the future is to take care of the present moment."* Thich Nhat Hanh

Please join Br. Chan Huy, Blue Ocean Sangha members and other friends in the tranquil setting of one of our member's home to practice caring for ourselves and our world. We will practice as a community, as a spiritual family learning the art of tending the gardens of our mind and body. We will learn and practice how to breathe, sit, and walk freely and peacefully, so we may enjoy the present moment and be present to the wonders of our world. Venerable Thich Nhat Hanh has said "The most important thing is for each of us to have some freedom, stability, and peace in our heart. Only then will we be able to relieve the suffering around us." Together we will look deeply into how the present moment can help us transform our future into a beautiful one that we can enjoy.

**For more information & additional registration forms please visit: [www.blueoceansangha.org](http://www.blueoceansangha.org)**

## Retreat Registration Form (Please Print Legibly)

<p>Duration of the Retreat: Sat., 4/16, from 8 AM – 9 PM. Sun., 4/17, from 8 AM – 5 PM. Please plan to attend the entire retreat so as to enjoy the full benefit and also in consideration to our teacher.</p> <p>Food at the Retreat: 4/16: Please bring a dish to share (optional) for potluck lunch. Please bring a "brown-bag" dinner for yourself. 4/17: Please bring a "brown-bag" lunch for yourself.</p> <p><b>Registration: \$50.00</b> (covers airfare for teacher, etc.) <b>Payment by: Check, cash, or PayPal</b> Make checks payable to: Antonio Brunner Make PayPal payments to: brunner_7@yahoo.com</p> <p>You can either mail this registration and your check/cash to: Jessica Gurvit 112 Royal Park Drive # 1F Oakland Park FL 33309</p> <p>Or email your registration to <a href="mailto:1lifematters@bellsouth.net">1lifematters@bellsouth.net</a> and then pay with PayPal to account <a href="mailto:brunner_7@yahoo.com">brunner_7@yahoo.com</a>.</p>	Name
	Address
	City / State / Zip
	Phone #:
	Email:
	Emergency Contact Name and Phone #:
	Do you have any special needs (circle one)? N Y If yes, please explain in the back of this form.
	Amount Enclosed: <input type="text"/>

**Registration closes April 8th, 2011 Retreat confirmation and information will be sent by email.**

**Contact for questions: [1lifematters@bellsouth.net](mailto:1lifematters@bellsouth.net) or (954) 802-7709**

# Present Moment: Transforming Our Future

*Tentative*

## Retreat Schedule Blue Ocean Sangha

*“The Dharma is deep and lovely. We now have a chance to see, to study and to practice it.”*

Sutra opening verse, Plum Village Chanting and Recitation Book

*Noble Silence is observed throughout the day to promote mindfulness and aid in looking deeply at our emerging mental formations.*

### **SATURDAY, APRIL 16, 2011**

Arrival and Registration Check-In	8:00 – 8:30
Noble Silence begins	8:30
Orientation	8:30 – 9:00
Morning Chant, Sitting, Sutra Reading, Walking, Sitting	9:00 – 10:15
Break	10:15 – 10:30
Outdoor Walking Meditation	10:30 – 11:45
Break (with snacks)	11:45 - Noon
Dharma Talk	Noon – 1:30
Potluck Lunch Preparation	1:30 – 1:45
Lunch (Family Eating Circle)	1:45 – 2:15
Washing Dishes Meditation	2:15 – 2:30
Break	2:30 – 2:45
Deep Relaxation	2:45 – 3:30
Break	3:30 – 3:45
Dharma Sharing	3:45 – 4:45
Break	4:45 – 5:00
Individual Practice: Nowhere to Go, Nothing to Do	5:00 – 6:00
Brownbag Dinner Preparation	6:00 – 6:15
Dinner (Family Eating Circle)	6:15 – 7:00
Washing Dishes Meditation	7:00 – 7:15
Break	7:15 – 7:30
3 Refuges & Five Mindfulness Trainings Panel / Q&A	7:30 – 8:30
Sitting Meditation	8:30 – 9:00
Depart But Continue Practice	9:00

### **SUNDAY, APRIL 17, 2011**

Arrive and Settle In	8:00 – 8:30
Sitting, 3 Refuges & 5 Mindfulness Trainings Ceremony	8:30 – 9:45
Dharma Talk	10:00 – 11:30
Break	11:30 – 11:45
Outdoor Walking Meditation	11:45 – 12:15
Brownbag Lunch Preparation	12:15 – 12:30
Lunch (Family Eating Circle)	12:30 – 1:15
Washing Dishes Meditation	1:15 – 1:30
Break	1:30 – 1:45
Dharma Sharing	1:45 – 2:45
Break	2:45 – 3:00
Mindful Movements	3:00 – 3:30
Break	3:30 – 3:45
Sitting Meditation	3:45 – 4:15
Closing Circle	4:15 – 4:30
Home Cleanup and Departure	4:30 – 5:00