



# Trại Tĩnh Thức Retreat of Awakening

Thursday through Sunday  
July 21- 24, 2016

Collin County Adventure Camp  
1180 West Houston Street, Anna, TX 75409  
(1 hour northeast of Dallas, TX)

INHALE *Love*,  
EXHALE GRATITUDE

Thở Vào *Thương Yêu*,  
Thở Ra *Biết Ơn*

## LOVE and GRATITUDE are the work of the heart.

Practicing the virtues of Love and Gratitude, we can be more receptive to making a difference in our life and our world.

### Program Highlights

- Spend 3 stress-free days at a beautiful retreat facility to Recharge, Rejuvenate, and Refocus
- Partake in a meaningful Loving Kindness session entailing the depth of LOVE and the true expression of GRATITUDE
- Enjoy unforgettable nightly programs that will uplift your spirits
- Connect your Mind & Body through the exhilarating zip line race and challenging ropes course

### Guest Speakers

- **Dennis Warren**, with 30+ years of experience in Insight Meditation and Mindfulness practice, will provide insight on how he directs his energy in making the practices and psychology relevant to daily life and relationships.
- **The Monastic Sangha** will share perspectives on the practice of Mindfulness and Loving-Kindness to help us discover the true value of happiness and quality of life.

### Registration

- Open to everyone 18 years of age and older
- \$190 Registration Fee covers all meals, lodging, and activities
- Register by May 15, 2016 to get our Early-Bird special
- Special rate and financial assistance are available to qualifying students



Contact Us:  
405-237-8281  
[www.retreatofawakening.org](http://www.retreatofawakening.org)



FOLLOW US

