

# CULTIVATING A CULTURE OF AWAKENING

Mindfulness retreats with the Monks & Nuns  
in the tradition of  
**ZEN MASTER THICH NHAT HANH**

**~2010 TOUR~**

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## MINDFULNESS RETREAT IN VIETNAMESE

July 15-18, Deer Park Monastery, Escondido, CA

## THE WORLD WE BECOME

July 21-25, Deer Park Monastery, Escondido, CA

## HAPPINESS IS THE WAY

August 4-8, Blue Cliff Monastery, Walker Valley, NY

## BE THE CHANGE

August 20-25, YMCA of the Rockies, Estes Park, CO



“Dear friends, if you look deeply enough, you will see me in the Retreat, walking with you, sitting with you, breathing with you. I feel clearly that I am in you and you are in me. In this Retreat, you will witness the talent of the Sangha: You will see that Thay is already well continued by the Sangha, and the presence of the Sangha carries Thay’s presence.”

—Thich Nhat Hanh

**People of all ages, experiences  
and backgrounds are warmly welcome!**

For more information  
and registration:  
**[www.tnhtour.org](http://www.tnhtour.org)**

or e-mail:  
**[info@tnhtour.org](mailto:info@tnhtour.org)**