Cultivating a Culture of Awakening – U.S. Tour 2010
- The World We Become -

Mindfulness Retreat at Deer Park Monastery, Escondido, CA

Offered by the Monks and Nuns of Deer Park and Blue Cliff Monastery

July 21 – 25, 2010

The practice of mindfulness enable us to come back to this moment to live our lives fully.
Our thoughts, words and actions bring about a culture of awakening. A beautiful and peaceful world can manifest.

In the Retreats during the 2009 US Tour with our teacher Thay (Thich Nhat Hanh) a question was asked: "Would you come to the retreat next year even if Thay will not be present in person?". A sea of hands was waving in the air joyfully accepting the invitation. Now our collective wish has come true. The Monks and Nuns in the tradition of Zen Master Thich Nhat Hanh will offer four retreats during the U.S. Tour - Cultivating a Culture of Awakening, during July and August 2010.

We invite you to join us for our mindfulness retreat here at Deer Park Monastery, in the mountains of north Escondido, CA. Deer Park is a branch monastery of Plum Village, our main center in France. Deer Park is located 45 minutes drive from San Diego and 2 hours from Los Angeles. While practicing together over these five days, we shall learn how to come back to ourselves and to discover that enlightened living is possible with the practice of mindfulness in everyday life. By learning to live our lives with awareness and clarity, we shall help to bring about peace, reconciliation, healing, and happiness to ourselves, our families, society, and the world.

The Dharma Teachers will offer us daily teachings on mindfulness as well as lead us in walking meditation, sitting meditation, deep relaxation, touching the earth, and the practices of deep listening and loving speech which are the foundations of reconciliation. Our meals will be taken in silence, to allow us the space and time to contemplate the food and the presence of others around us. We will meet daily in smaller groups to share about how to integrate the teachings into our daily lives. We also have the opportunity to share mindfully and joyfully in the daily tasks of maintaining the monastery through the practice of working meditation. Everyone will work together in small groups and designated a certain responsibility such as washing pots, trash & recycling, cleaning the meditation hall, etc... There will also be an opportunity to artistically express our happiness of being together by sharing poetry, songs, stories, music, plays, etc... Additionally, there will be periods and areas of Noble Silence to help us to reflect on what we have experienced during the day.

The retreat is open to all, including beginners, those who have previously attended retreats, and families with children. The first part of the talks are normally dedicated to children. The nuns, monks and staff members will lead a mindfulness practice program for teens (ages 13-17). Some parents will be invited to help other monks , nuns and lay staff with a similar program focused on children (6 to 12 years old). Children under 6 are welcome to join the retreat under the care of their parent.

We welcome the participation of people from all backgrounds, regardless of ethnic origin, race, cultural background, socio-economic class, age, gender, sexual orientation, or physical ability.
We are committed to fostering a practice environment where all may touch the Dharma and find healing and nourishment.

Below is a list of the usual daily activities at a retreat. Actual times will be set just before the retreat.
We usually start the day at around 5:30 am and end the day at around 9:30 pm.

Sample Schedule:

Morning Activities	Afternoon & Evening Activities
Sitting Meditation	Lunch and Rest
Breakfast	Dharma Discussion
Service Meditation	Dinner
Dharma Talk	Five Mindfulness Trainings Presentation, Beginning Anew Presentation,
Walking Meditation	Total Relaxation or Touching the Earth.
	Sitting meditation

All **meals** will be vegan. We are unable to cater to individual dietary needs. Filtered drinking water (reverse-osmosis filtered) is available, as is herbal, green and black tea and hot water.

Everyone who comes to practice is requested to observe the **Five Mindfulness Trainings** that are the very foundation of our being together here as a community of practice - Sangha. They are the guidelines that help us move in the direction of goodness and beauty. No smoking, no drinking and no sexual practice are allowed on the grounds of the monastery. Please respect the community's effort in this observance. A full text of the Five Mindfulness Trainings will be sent along with the retreat confirmation package after you have registered and can be found on our website (see below). There will be an opportunity to formally receive the Five Mindfulness Trainings during the retreat (normally on the last day of the retreat, Sunday morning). If you cannot attend the retreat but would like to receive the Mindfulness Trainings, please contact Deer Park Monastery.

The retreat ***begins with check-in from 1 to 5pm on Wednesday, July 21st. 8th***, dinner served at 5:30 pm, and an orientation talk will be given at 7:30 pm. The retreat will ***end after lunch on Sunday, July 25th***.

PLEASE PLAN TO ATTEND THE ENTIRE RETREAT.

Our **dorm rooms** are limited but there is plenty of outdoor space for tents. Please register early to reserve a bed in a dorm room. **Couples** will be housed separately in dorm rooms (by gender), if needed to accommodate everyone that wish to stay in a dorm room.

Scholarships are available to those in need. Special considerations for families of three or more, young adults and minorities. Contact us at info@tnhtour.org or call 760-291-1003 x100 for an application form.

***SLIDING SCALE* of $20 increments:** Your higher-end contribution will help people with limited means to attend the retreat.		
Total Contribution Per Person for Food, Lodging, and Tuition		
	Age	**Cost/Person**
DORM (6 persons) *(total of 192 beds)*	18+	$260 - 360
	13-17	$195
	6-12	$130
Tent *(Please bring your own tent)*	18+	$140 - 240
	13-17	$105
	6-12	$70

Your Contribution goes towards covering costs for food, accommodation and facility costs at Deer Park, and towards shared expenses of the tour, such as advertisement and transportation.

Through the use of a sliding scale and the availability of scholarships we wish to offer the opportunity for those who want to attend this retreat to be able to come. Contributions on the high end of the sliding scale and donations to the scholarship fund is supporting this wish and effort – ***Thank You!***

Medical / Health Situation: Should you have any functional or medical disabilities; recent surgery or inpatient stay at an institution; require medical or psychiatric resources; regularly take any controlled/prescription medications, please contact our registration office 760-291-1003 ext 100, so we may better support you.

Our teacher Thich Nhat Hanh (Thay) shared these words with us when he was not able to attend the retreat "One Buddha is Not Enough" in Colorado last year:

"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."

"We have to acknowledge the fact that the Sangha has embodied the continuation of Thay in a beautiful way, and there is no reason for anyone of us to worry about the future of our practice."

Deer Park Monastery *in situated on 400 acres of rocky mountain, sage brush and ancient oak groves, there are quiet hiking trails and spacious valleys. We offer year-round retreats in the art of mindful living, healing and transformation.*

Transportation to Deer Park Monastery:
Ride Share Forum can be found on our tour website: www.tnhtour.org.
Airport: San Diego International Airport (SAN), 36.7 miles from Deer Park.
Public transportation: please refer to the San Diego Commute website, www.transit.511sd.com, which will give you bus schedules, travel times and costs with, usually, about four options, including departure and arrival times.
Escondido Transit Center, 700 W. Valley Parkway, Escondido, CA 92025, 4.9 miles from Deer Park.
North County Transit (bus and train): www.gonctd.com Bus: Greyhound: www.greyhound.com

Registration form and online registration: www.deerparkmonastery.org

More Information and questions please contact us:
Deer Park Monastery, *The World We Become*, 2499 Melru Lane, Escondido, CA 92026.
Tel: **(760) 291-1003, ext 100** Fax: **(760) 291-1010**
Email: **deerpark@dpmail.net** or **info@tnhtour.net**

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