

# WAKE UP

20th-24th MAY  
2009

meditation retreat

*In the tradition of*

**THICH  
NHAT  
HANH**

for **YOUNG ADULTS** ages 21-35

**at the retreat we will:**

- come together as a community
- take our time, to be silent, to share our heart
- live deeply each moment in awakened way
- **stop** and revisit our deepest **aspirations**
- **explore** ourselves and our environment,
- **upgrade** our practice of **mindfulness** so it is **appropriate** and relevant to our family and society
- investigate ways to practice deeply together
- learn to building communities in our part of the country and on the internet
- find ways that we can serve our communities and environment



**Join us at Deer Park Monastery, Escondido, CA**

**Registration & for more information: [www.dpweb.org](http://www.dpweb.org) or call (760) 291-1003 x100**