

# Many Streams, One Source

*A special retreat for the LGBTQ+, People of Color, and Young Adult Communities*

*September 28<sup>th</sup> to October 1<sup>st</sup> of 2017*

*Hosted at Harmony Pines Camp and Retreat Center*

We welcome you to join the fourfold community of monastic and lay practitioners in the Plum Village Tradition for this special retreat for the LGBTQ+, People of Color, and allied Young Adult communities at the beautiful Harmony Pines Retreat Center in the San Gabriel Mountains National Monument. During this retreat, we will celebrate and honor our diversity, manifesting together as a spiritual family, a Sangha, and practice touching the present moment deeply through developing awareness of our body and our mind. Bringing loving attention to our breath, our emotions, and our thoughts, our awareness begins to expand naturally.

Coming together to cultivate the art of mindfulness in daily living nourishes our understanding and helps heal our individual and collective hearts.

We warmly welcome all LGBTQ+, People of Color, and allied Young Adults to join this special retreat.

## **Practice of Mindfulness:**

We usually start the day at 6:00 AM and end the day at 9:00 PM, with some personal time between activities. The retreat will allow us to practice mindfulness together throughout the day in each activity and will include the following activities:

- Daily Dharma talks or Q & A sessions with monastic and lay teachers
- Silent and guided sitting meditation
- Outdoor walking meditation as a community
- Mindful meals in silence – taking the time to eat as a family, to truly enjoy and look deeply into the food
- Dharma sharing – practicing loving speech and deep listening, sharing our experiences in small groups
- Deep relaxation – lying down guided meditation, learning how to rest and relax our body and our mind
- Service meditation – working together in harmony and with ease, with nowhere to go
- Presentations on core mindfulness practices
- Joyful games and activities
- Observing Noble Silence – starting after the evening activity and ending after washing up from breakfast

## **Family Group Sharing:**

On the registration form, you are invited to specify whether you would like to be in a family with a specific focus, or a mixed group. If a group is not chosen or there are too few people in that affinity group, we will organize friends into mixed sharing groups, who will practice loving speech and deep listening without a specific affinity.

## **Food:**

We will serve three meals a day and all meals will be vegan/vegetarian. We regret that we are unable to cater to individual dietary needs.

## **Housing and Restrooms:**

Housing will be dormitory-style. During the registration process you are invited to specify your housing preference: all-gender dormitory, female dormitory, or male dormitory. Inclusive restrooms and shower facilities will be available.

**Five Mindfulness Trainings—a Buddhist contribution to a global spirituality and ethic:**

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 – a Sangha. They are the guidelines that help us move in the direction of goodness and beauty. No smoking, no drinking, no eating meat, and no sexual practice are allowed on the grounds of the retreat center. A full text of the Five Mindfulness Trainings will be sent along with the retreat confirmation package after you have registered and can also be found on our website. There may be an opportunity to formally receive the Five Mindfulness Trainings at the retreat.

**The retreat begins with check-in at 3 PM on Thursday, September 28, and dinner will be served around 6 PM. An orientation talk for everyone will be offered at 7:30 PM. The retreat will end after lunch on Sunday, October 1.**

**The retreat fee is \$150 per person and, as previously described, all housing will be dormitory-style.**

**Cancellation Policy:**

For cancellations made prior to arrival day, partial refunds will be available with a cancellation fee of \$25 per person. Cancellations made on or after the retreat arrival day do not qualify for a refund. Registration is non-transferable.

**ALL REGISTRANTS SHOULD PLAN TO ATTEND THE ENTIRE RETREAT. THANK YOU FOR YOUR UNDERSTANDING AND SUPPORT.**

We also have some partial scholarships available. Further information regarding scholarship applications is available on our online registration page.

*Harmony Pines is just 40 minutes from San Bernardino area and 1.5 hours from the Los Angeles basin and Orange County, at 6000 feet elevation. Harmony Pines Camp facility includes: a fully equipped commercial grade kitchen; a large dining hall; a large yurt for meetings; meditation, yoga, lecture hall, etc.; dormitory housing; a meditation room with a 40 person capacity; a rustic tearoom; a recreational area with foosball tables and tennis tables; a volleyball court; an outdoor amphitheater; an archery range; kayak boats at Jackson Lake; and a large flat area for outdoor gathering.*

**Address of Harmony Pines Camp and Retreat Center:**

23001 Big Pines Hwy  
Wrightwood (or Valyermo), CA 93563

**For further information, please contact Deer Park Monastery:  
Telephone: (760) 291-1003, ext 100  
E-mail: [office@deerparkmonastery.org](mailto:office@deerparkmonastery.org)**