DEER PARK MONASTERY

2016 Retreats and Special Events

Dates	Retreat
Dec. 30–Jan. 3	Holiday Retreat
Feb. 7	Lunar New Year Eve (Tết)
Feb. 28	Winter Retreat Closing Ceremony
Mar. 30–Apr. 3	Wake Up for Young Adults (18–35 yrs old)
Apr. 28–May 1	Earth Holder
May 20–22	Vesak
June 22–26	Family Retreat
July 6–10	Teen Camp
Aug. 3–7	P.O.C.
Sept. 14–18	English
Sept 28–Oct. 2	Vietnamese

RETREATS

These special retreats are offered annually at Deer Park Monastery.
Whether we are new to the practie of mindfulness or we have already been practicing for a long time, we are welcome to join these retreats.
Dharma Talks based on the theme of the retreat will be offered by Dharma Teachers.
There will be Dharma Sharing groups where we can learn from each others experience and to listen and share from the heart.
The retreats also include sessions of our basic practices like sitting, walking and eating meditation. We practice together as a Sangha, a community that lives in harmony and awareness.
We learn the art of mindful living, practicing in such a way that we can continue to apply the practice in our daily lives.

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DEER PARK MONASTERY

2016 Themed Weekends

Dates	Themed Weekend
Apr. 15–17	Cookery
Aug. 19–21	Qi Gong
Sept. 2–4	Just Sit

THEMED WEEKENDS

During each of these special weekends there will be extra sessions led by one or more monastic or lay Dharma teachers in the Plum Village tradition. Each weekend will include three or more sessions for the participants to focus on the special topic offered. For the rest of the weekend the participants will follow alongside the meditation, mindful meals etc together with the whole community. It is necessary to pre-register for these weekends, and space is limited. If this will be your first visit to Deer Park, we recommend attending a general weekend or week long retreat before registering for a theme weekend.