

SILENT RESIDENTIAL RETREAT WITH ANAM THUBTEN AND GUEST TEACHER JAMES BARAZ
August 13-18, 2010 at Mt. Madonna Center in the Santa Cruz Mountains near Watsonville, CA.
For further information and registration contact: DFretreat@yahoo.com

The theme of the summer retreat is *zhihak zungjukn*, the union of calmness and realization – the heart of Buddhist practice and teachings. This retreat is an intensive course in silent meditation, discipline (*shila*) in goodness, teachings and contemplation. All these practices work together to help undo our negative mental structures so we can directly recognize our true nature and live a life of joy and love.

You are invited to participate in this dharma gathering where the blessings of collective hearts and aspirations will support the process of inner transformation.