

## SNOWFLOWER SANGHA MENTORING PROGRAM

It is natural that newcomers to the practice may have questions, and a mentoring relationship supports a newer practitioner by clarifying matters of personal practice and sangha practice.

A list of mentors is available from the mentoring coordinator who acts as contact person for newer members. For 2016, that is Karuna Namenwirth who can be reached at 608 832-6658.

SnowFlower mentors are volunteers who have had a regular mindfulness practice in the tradition of Thich Nhat Hanh for at least five years; have been active in SnowFlower for two or more years; have received the Five Mindfulness Trainings and have attended two or more retreats in the tradition of mindfulness meditation.

The logistics of the mentoring relationship (duration, frequency of contact, etc.) are up to the mentor and mentee.