



When we succeed in surviving strong emotions, we experience a more solid peace of mind.

*Thich Nhat Hanh**

SnowFlower Spring Day of Mindfulness

Finding Our True Home: Enriching Our Lives with Sangha

March 16th, 2019

8:30 a.m. to 5:00 p.m

Holy Wisdom Monastery in Middleton, WI

Dharma Leaders: Gloria Green and Susan O'Leary (see biographies below)

Join us as we enjoy sitting and walking meditation, listen to dharma talks, share our practice experience and questions, and build SnowFlower community! After lunch, there will be an opportunity to practice singing and walking meditation outdoors, or Zen calligraphy meditation.

Details

- You will be invited to make voluntary contributions toward costs.
- Bring your sit-upon, mug and appropriate clothing for voluntary outdoor walking meditation.
- Lunch and afternoon snack will be provided.
- Please register for the retreat using [this form](#) or at <https://snowflower.org/calendar/retreats/>
- Advance sign-up for Zen calligraphy is appreciated and can be found on the retreats page.
- Direct questions to Walt Keough at waltkeough@gmail.com.
- Address: Holy Wisdom Monastery, 4200 Co Hwy M, Middleton, WI 53562

Our Retreat Dharma Leaders

Gloria Green

Since retiring two years ago, Gloria has been studying under Tara Brach and Jack Kornfield to become a certified Mindfulness Meditation Teacher. She teaches mindfulness at Taycheedah, the women's prison, and also offers a free mindfulness class called *Living Fully Mindfully* at libraries throughout Madison. She shares guided meditations, reflections and dharma talks on her website, GloriaKGreen.com. A mother and grandmother, her practice is heart-centered, compassionate, and nurturing. She has been a meditation practitioner with SnowFlower Buddhist Sangha in Madison since 2007 and fills many volunteer roles including Treasurer of the Steering Council.

Susan O'Leary

Susan has studied calligraphy with Kazuaki Tanahashi since 2009 and has assisted Kaz in his teaching of calligraphy at Tassajara Zen Mountain Center, the Taliesin School of Architecture, and his annual and advanced yearly workshops in Madison, Wisconsin. She has also taught haiku with Kaz and Joan Halifax at Upaya Zen Center. Susan has been a member of Thich Nhat Hanh's Madison SnowFlower Sangha for 26 years.