



*Mindfulness must be engaged. Once there is seeing, there must be acting. We must be aware of the real problems of the world. Then, with mindfulness, we will know what to do and what not to do to be of help.**

Thich Nhat Hanh

SnowFlower Spring Day of Mindfulness

Practicing Together, Engaging in the World

March 14th, 2020

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

Holy Wisdom Monastery in Middleton, WI

Dharma Leaders: Mary Michal and Susan O'Leary

Join us as we enjoy sitting and walking meditation, listening to dharma talks, sharing our practice experience and questions, and building SnowFlower community! Read on for details.



Details

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

Our Retreat Dharma Leaders

Mary Michal

Mary has practiced with SnowFlower Sangha since the early 1990's. She received the Five Mindfulness Trainings in 1993, and the 14 Mindfulness Trainings in 2007. Thay's teachings and example of engaged Buddhism, and his emphasis on joyfully practicing within the Sangha, continue to provide inspiration, guidance and support in her daily practice.

Susan O'Leary

Susan has been a member of SnowFlower Sangha for 27 years. She, Jim and their son Tom accompanied Thay on his return to Vietnam from exile in 2004, a profound experience in her life. She has also studied Zen and Zen calligraphy with Kazuaki Tanahashi since 2009 and has assisted Kaz in his teaching at Tassajara Zen Mountain Center and Upaya Zen Center. Thay's and Zen teachings on awareness of living in and engaging in the world and its beauty are foundational to her practice.