



### **At Bethel Horizons**

4651 County Road ZZ, Dodgeville, WI  
*The retreat center is located on 548 beautiful acres next to Governor Dodge State Park.*

**SnowFlower Sangha Invites You to the  
30<sup>th</sup> Annual Regional Fall Retreat**

***Mindfulness, Concentration, Insight,  
Compassion and Generosity in  
Divisive Times: What Thich Nhat  
Hanh's Teachings on Impermanence  
and Interdependence Offer Us Today***

**October 13 – October 15, 2023**

**Dharma Teacher: Jack Lawlor**

### **Schedule**

- Check-in begins 5:30 p.m. on Friday
- Hearty snack and quiet conversation starting at 6:00 p.m.
- Retreat officially begins 8:00 p.m. Friday; noble silence begins
- Saturday through Sunday:
  - Dharma talks
  - Mindfulness practices, including indoor/outdoor walking
  - Discussion groups
  - Tea ceremony
  - Five Mindfulness Trainings ceremony
- Departure Sunday 1:30 p.m.

### **What to Bring**

- Sitting cushion (chairs will also be available)
- Bed linens, blankets and towels
- Warm clothes for outdoor walking meditation
- Coffee/tea mug

### **Details**

- \$250 per person with lodging; \$200 per person camping; \$160 per person staying offsite
- Lodging: 2 to 3 per room (roommate requests may be fulfilled)
- Delicious vegetarian meals by Rajan Pradhan
- Noble silence is practiced for the majority of the retreat
- Register early, as there is a maximum capacity!

### **More information**

- Contact Celeste Robins: [celestialrwe@gmail.com](mailto:celestialrwe@gmail.com)
- Updates to details, link to register, pay, and request a scholarship is available on the [SnowFlower Retreats](#) page.