



The First Establishment of Mindfulness is mindfulness of the body in the body. This means that when you bring mindfulness into the body, the body becomes mindfulness.

Thich Nhat Hanh

## ***Together as a Sangha, Embodied Practice*** ***A SnowFlower Day of Mindfulness***

Saturday, May 4, 2024

8:45 a.m. to 5:00 p.m.

Location: Holy Wisdom Monastery in Middleton, WI

This annual event is a special time for all of SnowFlower to all come together to:

- Enjoy sitting meditation and mindful movement
- Listen to dharma talks from our own senior practitioners
- Share our practice experience and questions
- Build SnowFlower community.

No fees will be charged for this day, although contributions will be requested to cover costs.

**Please register for the retreat by April 13. Use [this form](#).**

Direct questions to Walt Keough at [waltkeough@gmail.com](mailto:waltkeough@gmail.com).

### Our Retreat Dharma Leaders

#### **Amy Krohn**

Growing up, Amy regularly attended the Methodist Church in Black River Falls, Wisconsin, amongst three generations of extended family. Looking back, it was a spiritual community much like a sangha. She took a mindfulness course in 2012 and was captivated by the quotes shared by Thich Nhat Hanh. Looking to practice in Thay's tradition, she found SnowFlower Sangha and knew it was home when the bell was invited. She received the Five Mindfulness Trainings from Cheri Maples in 2016 and has served on SnowFlower's Steering Council for nine years.

#### **Rosebud Sparer**

Rosebud began his spiritual journey in 1975 studying Taoism, Tai Chi and QiGong, studying with several celebrated teachers and continues these practices today. He began his Buddhist practice in 2002 at SnowFlower Sangha. He has been to several retreats with Thay, and took the Five Mindfulness Trainings from Thay in 2011. He was a student of Cheri Maples for two years. Following her passing he entered into a student teacher relationship with Roshi Maezen Miller, a Zen priest, and received Jukai in 2020. He continues to study and practice with her, and also with SnowFlower Sangha.