

PEOPLE OF COLOR

New York City Urban Retreat

*in the tradition of Venerable Thich Nhat Hanh
with the monastic community of Blue Cliff Monastery, Pine Bush, NY*

Saturday 22 May 2010

9:00 am to 4:30 pm

Riverside Church

91 Claremont Avenue
New York City 10027



The Soul of the Practice: Peace, Compassion and Understanding

This People of Color retreat, in the tradition of Venerable Thich Nhat Hanh, is the first one in New York City. It is for people of Native-American, African, Latino/a, Asian/Pacific Islander, Caribbean and Middle Eastern ancestry. The retreat offers an opportunity in the midst of an urban setting to practice and enjoy the art of mindfulness and peaceful living. We will learn to recognize and embrace our pain in transformative ways, find peace within ourselves, and foster stronger sisterhood and brotherhood in our communities. We will also learn to stop, rest, and touch the source of wisdom, compassion and healing within ourselves, so that we can renew our relationships and bring peace and understanding to our world. Through the practice of mindfulness, we can nourish happiness, gratitude, good communication and serenity during periods of transformation in our lives and in our daily life. There will be sitting, walking, eating meditations, mindful movement, mindful group discussion, deep relaxation, and a dharma talk by a monastic member of Blue Cliff Monastery.

Some questions that we will explore:

- How can we cultivate a centered life in an urban environment?
- How can we, as People of Color, live with faith, joy, creativity and compassion?
- How can mindfulness enhance our ability to relate to others?

Attendees are encouraged to bring their own vegetarian lunch. The suggested donation for the day is \$10. Dana/generosity for the monastic community will also be welcome and appreciated.

<http://www.communityofmindfulnessnewyorkmetro.blogspot.com/>