

# Meditation Retreat

*with Vegetarian Lunch*

Saturday July 1, 2023

From 10 AM until 4 PM

Location: Moccasin Lake Nature Park

*Details on Reverse Side*

Suggested Donation: \$80.00 for full day

## Mindfulness Meditation

By intentionally practicing mindfulness - deliberately paying more careful moment-to-moment attention- individuals can live more fully and less on 'automatic pilot,' and thus being more present for their own lives.

*This retreat will provide an opportunity to:*

- Learn how to meditate or deepen your practice
- Set aside everyday stress and mental noise
- Participate in Noble Silence (maintaining quiet)
- Be mindful: focus your awareness on the present moment, in a patient and loving way
- Calmly accept your feelings and thoughts, as they occur, without judgement
- Participate in yoga - instruction to unite the body and the mind
- Experience both seated and walking meditations, with guidance by Bhante Dhammawansa
- Listen to a Dhamma talk by Bhante (the truth of what the Buddha taught)



Bhante Dhammawansa, a Theravada Buddhist Monk for over 40 years, holds a Masters Degree in Buddhism. Currently residing in Clearwater Florida, Bhante leads several weekly Mindfulness Meditation groups in the state of Florida while he continues to travel throughout the US and the world teaching Mindfulness Meditation and giving Dhamma talks.

*His quiet, kindly nature makes him accessible to all and an inspiration to many.*



## Food:

- A light, vegetarian lunch will be offered
- Beverages, flatware, plates, etc. will be provided.

## For Your Comfort:

- Please **turn off all electronic devices** while at the retreat to assist in Noble Silence.
- Please **bring your yoga mat**.
- Wear **comfortable clothing**.

*Chairs and meditation cushions will be provided by DWMS*

## The Facility

### **Moccasin Lake Nature Park, 2750 Park Trail Lane, Clearwater, FL 33759**

- Moccasin Lake Nature Park is a small nature reserve with trails and boardwalks under a canopy of mature oaks.
- The facility, pictured on the front of this flyer, is directly at the end of the only parking lot. You shouldn't have any trouble finding it.



*Donations can be made as follows:*

- PayPal at [www.DWMS.org/Donations](http://www.DWMS.org/Donations)
- Checks payable to DWMS
- Cash at one of the meditation centers of the day of the retreat

*Please send us a note to register early so that we can ensure seating for everyone.*

[Thedwms@gmail.com](mailto:Thedwms@gmail.com)

