



Mindfulness Retreat:
In the Arms of Mother Earth
Sept. 28 - Oct 1, 2017
Ghost Ranch, NM

This retreat is part of the ***Awakening Together: Healing the Ancestral Heart Tour*** in the US this fall by Monastics in the Plum Village Tradition. We invite you to join us for this special opportunity to practice together in stunning northern New Mexico. The retreat will be facilitated and led by Monastic Dharma Teachers and Members of the Earth Holder Sangha, all students of Venerable Thich Nhat Hanh.



Registration will open May 8th.

For questions specific to registration, please contact Jan Lustig:
janlustig84@gmail.com

During this retreat, we will nourish and explore our connection with ourselves, the Earth and each other in daily sitting, walking and eating meditation. We will also receive teachings to look into the suffering and transformation of suffering in ourselves, our families as well as the world. Teachings and practice will also relate to our relationship and response to catastrophic climate change. We will come back to the present moment in order to find the strength and courage not to close our eyes before suffering.

We will bring our practice of mindfulness into the arms of the Earth as we nurture our understanding of interbeing, which helps cultivate compassion for people, animals, plants and minerals. In sharing groups and workshops, we will learn from each other's experience in transforming difficulties and strengthening our joy and peace, as well as learning how to live more sustainably, and how to maintain skillful activism while remaining stable.

For more info, contact Marylou Butler:
maryloubutler44@gmail.com

Dates and Times: The retreat begins with dinner on Thursday September 28th and ends with lunch on Sunday October 1st 2017.

Location: We will enjoy the embrace of the colorful mesas and magnificent blue skies of northern New Mexico at Ghost Ranch Retreat and Education Center in Abiquiu, NM, on Georgia O'Keeffe's land.

We encourage People of Color, Transgender People, Young Practitioners (age 35 and younger), as well as other diversities to join us and are offering special scholarships for these individuals.

Sponsored by New Mexico Community of Mindful Living

Mindfulness Retreat: *In the Arms of Mother Earth*

A Residential Mindfulness Retreat in the tradition of Zen Master Thich Nhat Hanh.

Led by the Monks and Nuns of Plum Village, and offered by the New Mexico Community for Mindful Living.



Thursday, Sept. 28th beginning with dinner through
lunch Sunday, Oct. 1st, 2017

Ghost Ranch Retreat and Education Center, Abiquiu,
New Mexico

Registration

Name: _____

Gender: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email: _____

- ☐ I practice with a Sangha in the Plum Village tradition
- ☐ I have taken the Five Mindfulness Trainings
- ☐ I am an Order of Interbeing member.

Retreat fee is \$90. Housing and meals are additional. Please see section below.

Scholarships are available. We want everyone who wishes to attend to join us, and we will do everything possible to include you.

_____ I am requesting a scholarship. For more information, please contact Marylou Butler,
maryloubutler44@gmail.com

To pay by check:

Please make checks payable to Jan Lustig.

Mail registration and check to:

Jan Lustig – PO Box 9253 – Santa Fe, NM 87504

To register and pay online: please go to
mindfullivingnm.wordpress.com.

For questions about registration, please contact
Jan Lustig at janlustig84@gmail.com.

Retreat Fee \$ _____

You are invited to donate
to our scholarship fund \$ _____

TOTAL AMOUNT \$ _____

DHARMA FAMILY GROUPS

All retreatants will be in a dharma discussion group.
Please indicate your interest in the following choices:
Depending on interest, we cannot guarantee all of these
options will be available.

- ☐ People of Color
- ☐ Jewish Roots
- ☐ No Preference
- ☐ Regional Group: _____
- ☐ LGBT
- ☐ Environmental Activism
- ☐ Wake-Up (ages 18-35)

☐ ACCESSIBILITY

Ghost Ranch Retreat Center is 21,000 acres
of spacious property and may require long
walks between buildings. If you anticipate
needing assistance, please check the box.
Carts may be reserved for those who need it.

MEALS AND ACCOMMODATIONS

\$108.00 + \$5.00 conservation fee per person includes meals Thursday dinner through Sunday lunch. Meal package must be purchased directly through Ghost Ranch. All meals will be vegan. If you have additional special dietary needs, please bring what you need.

If you know your roommate(s), or are planning on having a private room, please call Evelyn at Ghost Ranch directly at [\(505\) 685-1001](tel:5056851001) (Monday-Friday 7:30-3:30 MST), or Eileen [\(505\) 685-1017](tel:5056851017) (Sunday-Thursday 9:30-6:00 MST) to reserve your room and meal ticket. If you need to be matched with a roommate(s) or campground mates, please contact Jan at (505) 577-4333, and I will do our best to match you up. Placement will be made on a first reserved basis.

Housing Options

Camping – The campground is a 10-15 minute walk on level ground to all retreat activities. Camp sites can be shared with up to 3 tents per site. \$30.00/night per camp site.

Corral Block – Is a 5-10 minute walk on level ground to all retreat activities. 3-5 people per room, \$99.00/night room total shared among all occupants. Communal Bathrooms: one large gender female bathroom, and one large gender male bathroom.



Staff House Is a 2-5 minute walk on level ground to all retreat activities. These are double occupancy rooms with communal baths as above. Room is \$90.00/night total, (\$45.00 per person/night)



Aspen & Poplar – Is a 2-5 minute walk on level ground to all activities. Shared Bath Rate \$130/night (\$65/night per person, 2 people/room). Private Bath Rate \$150/night (\$75/night per person, 2 people/room)



Coyote – Is a 10 minute walk down a hill to all retreat activities. Double occupancy. \$150/night room total (\$75/night per person) Private bath.



TRANSPORTATION

Please contact Ghost Ranch (505) 685-1000 or their web-site www.ghostranch.org for information on transportation, including shuttles from the Albuquerque Airport.