

THE SUSTAINING POWER OF MINDFULNESS



Cheri Maples, dharma teacher

Rediscover the resiliency of the human spirit at this three-day retreat led by Cheri Maples, a dharma teacher ordained by Thich Nhat Han and founder of the Center for Mindfulness and Justice.

For many, feeling stressed and overwhelmed have become all too common. Especially in the face of daily challenges, sustaining ourselves and finding balance are key. This retreat emphasizes the skills that move us towards deeper care, both for ourselves and for others. Through the practice of meditation, three essential skills for

cultivating balance will develop: concentration, mindfulness, and compassion. Both beginning and more experienced meditators and practitioners are welcome to join us.

A dharma teacher ordained by Zen master and peace activist Thich Nhat Hanh, Cheri Maples also is a private consultant, trainer, spiritual life coach, and

founder of the Center for Mindfulness and Justice in Madison, Wisconsin. During a 25-year career in the criminal justice system, Cheri was a police officer, the head of Probation and Parole, and an Assistant Attorney General in Wisconsin. She also has extensive experience as a community organizer and a social justice advocate, incorporating all of her experiences into her understanding and teaching of the dharma and into her practice of engaged Buddhism.

MAY 21 - MAY 23

SCHEDULE

FRIDAY

6 pm Check-in
7-9 pm Social
9 pm Silence begins

SATURDAY

8 am Breakfast
Noon Dinner
5:30 pm Supper

SUNDAY

8 am Breakfast
Noon Dinner (silence ends)

Retreat activities are planned around these events. More details will be available before the retreat.

LOCATION

Monte Alverno Retreat and Spirituality Center
1000 N. Ballard Road
Appleton, WI 54911

ACCOMMODATIONS

56 single rooms
All linens provided
All meals vegetarian

COST

On-campus: \$155 per person
Off-campus: \$80 per person (includes everything except overnight accommodations)

DANA (GENEROSITY)

In the tradition of the Buddha, the teachings are offered for free. The teacher is reimbursed only for travel expenses and room and board during the retreat. Dana (generosity) is available to students in the form of a donation made directly to the teacher at the retreat in any amount one is able or comfortable giving.

If you have special needs or would like more information, please call Jenny at (920) 729-4982 or Margaret at (920) 915-7837 or e-mail SmilingDandelion@gmail.com.

REGISTRATION

Name

Phone

Address

E-mail

City

State/ZIP

Please make checks payable to Monte Alverno and put "Smiling Dandelions" in the memo line.

_____ On-campus: \$155 per person

_____ Off-campus: \$80 per person

MAIL THIS REGISTRATION FORM AND PAYMENT TO:

Smiling Dandelions Mindfulness Retreat
c/o Jenny Straight
1517 Driftwood Way
Menasha WI 54952