



Mindfulness Retreat, Aug 30 - Sept 6
Shantideva's marvellous teachings called
"The Way of the Bodhisattva"
with Br. Thay Phap Hai

Please join Mountain Lamp Community and Brother Thay Phap Hai, a senior monastic in the Plum Village Tradition. Thay Phap Hai lives at Deer Park and travels frequently in Australia to support Sanghas and the building of a new monastery in his homeland. He will be teaching on Shantideva's marvellous teachings called "The Way of the Bodhsattva".

See page 2 for arrival / departure times and registration details.

Arrival & Departure Times

Arrival & Registration August 30, 4:00-5:00 PM - Supper Provided
Departure September 6, 2:00 PM

Early Registration for Circle of Friends until June 20th, 2014.

Cost

\$485 Indoor sleeping
\$450 C.O.F. Members*

10% discount for Campers

\$100 early registration deposit is non-refundable. Any other portion of fees is refundable until 15 July.

All meals are included in Retreat Fees

* C.O.F. = Circle of Friends

Please Register at mountainlamp.org

Meals

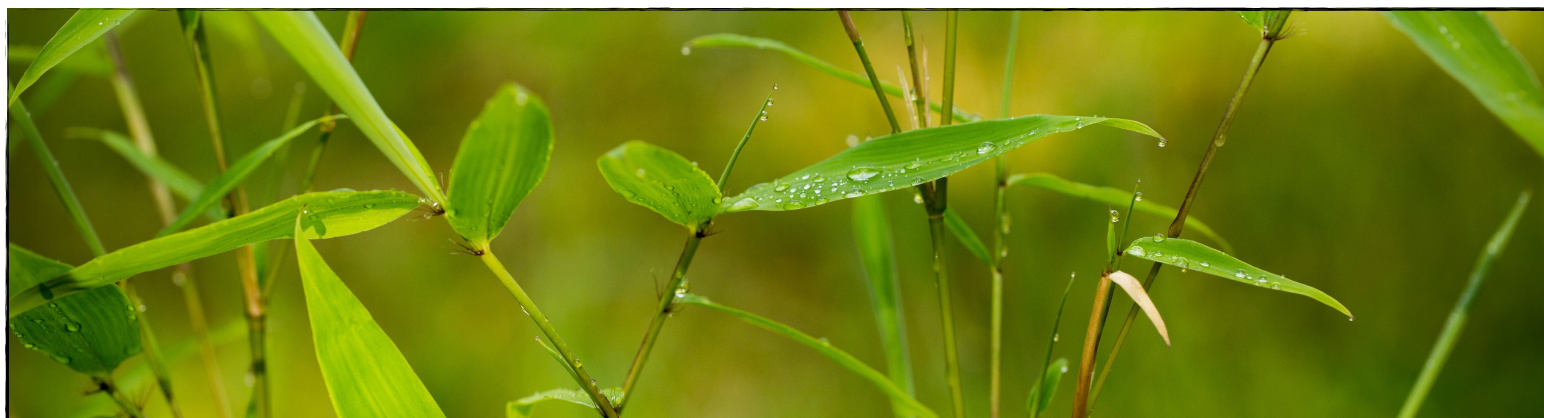
all meals are vegetarian, please note
medically prescribed diet

Sleeping

shared indoor or outdoor camping

What to Bring


- ☐ warm sleeping bag
- ☐ bottom sheet
- ☐ pillow
- ☐ towel
- ☐ flashlight
- ☐ alarm clock
- ☐ meditation clothes
- ☐ work clothes
- ☐ rain coat
- ☐ umbrella
- ☐ warm sweater
- ☐ hat
- ☐ gloves
- ☐ walking shoes
- ☐ boots
- ☐ personal toiletries
- ☐ tent if camping



How to Contact Mountain Lamp

 ml-info@mountainlamp.org

 mountainlamp.org

 (360) 592-0600

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