



Harvest Retreat

A letter from Thay to his students. September 27, 2015

with Eileen Kiera & Kaira Jewel
September 12 - 18, 2015



On our retreat, we will read and look into the teachings that Thay offered us, in the form of a letter to his students, shortly before his stroke last fall. We will explore some of themes he touches upon such as the 3 Bodies of the Buddha, the Five Skandhas, Bodhicitta, and the importance of intelligent practice.

We will explore how to relate these teachings to our lives and practice.

Please join Kaira Jewel and Eileen Kiera in applying these teachings of our Root Teacher.



Location: **Mountain Lamp Community**
Deming, WA

Fees: \$450 + Dana

* 5% Mountain Lamp Circle of Friends discount

* **15% discount for camping**

Please send a \$100 non-refundable deposit at time of registration

To register visit mountainlamp.org or email us at ml-info@mountainlamp.org



Kaira Jewel (formerly Sr. Jewel) has been practicing since 1997, was ordained as a nun by Thich Nhat Hanh in 1999 and as a Dharma teacher in 2007. She returned to secular life in 2015 and continues as a lay Dharma teacher. Before ordaining, she graduated from Stanford University with an M.A. in Anthropology & Social Sciences. She has led retreats throughout the world and spends much of her time sharing the practice of mindfulness, especially with children, families, young people and schools.



Eileen Kiera is an ecologist by training and a vegetable gardener by passion, but the practice and support of the Dharma has been her primary focus for the past 24 years. She's a student of Thich Nhat Hanh and Robert Aitken, Roshi. Thich Nhat Hahn acknowledged her as a dharma teacher in 1990, and since then she's led retreats in many places in the U.S., Europe and Australia. Her primary commitment, however, is to support the maturing of Dharma practice near her home in the Pacific Northwest.