

Mindfulness Meditation Retreat



International Women's Partnership for Peace and Justice
January 7-12, 2011
Mae Rim, northern Thailand

Join us for this meditation retreat to cultivate awareness of the mind, body and spirit in the new year. The retreat in a peaceful village setting includes:

- * meditation, incorporating various meditation techniques and mindfulness practices throughout each day
- * an introduction to socially engaged Buddhist teachings to help transform or embrace anger, grief, guilt and fear by cultivating peace and awareness
- * daily meditative yoga practice
- * personal sharing and reflection
- * ample time for rest and relaxation
- * simple living close to nature



All IWP retreats are suitable to people who are just beginning a meditation practice and to those who already have a regular practice.

The meditation retreat will be guided by Ouyporn Khuankaew, cofounder of IWP. Ouyporn leads meditation retreats focused on making Buddhism socially engaged and relevant for today's world.



Yoga will be guided by Sunny Klaber, yogini and massage therapist. Sunny approaches yoga as a moving meditation, with a gentle blend of asana and pranayama, to link awareness of the breath and sensations arising in the body.

Fees for the five day retreat include food, accommodation, and transport to/from the center from Chiang Mai. Fees are on a sliding scale based on your ability to pay: \$175-\$250 for people living in the global North and \$120-\$150 (3,500-4500 baht) for people living in the global South and/or low income.

For more information and to register, contact Ginger by December 1 at ginger@womenforpeaceandjustice.org.
www.womenforpeaceandjustice.org

"The meditation retreat was one of the most rewarding experiences throughout my stay in Thailand.

Buddhism was alive...and with such a deep mission and purpose; it really spoke to my heart.

My love of spiritual practice and earthen building found union in your place!"
~ Lindsav Wilson