

Our Time is Now!

A Meditation Retreat for People Ages 18-31



Slow Down...

See Clearly...

Wake Up...

Live Wisely.

June 7th - 13th, 2008

Padmasambhava Peace Institute, Cazadero, CA

Sliding Scale \$495 - \$295

Scholarships available

The Buddhist Peace Fellowship Young Adult Retreat is a profound opportunity to explore practices of meditation and connect deeply with ourselves and others. Vipassana or Insight Meditation helps us relax and reveal the deep wisdom within our direct experiences while various communication exercises let us explore the questions of our being and live into our purpose. Topical workshops, movement classes, music, free time, delicious organic meals, hikes in nature, and more offer further opportunities for stimulation and relaxation.

Teachers:

Spring Washam, Tempel Smith, Marv Belzer and Dori Langevin

For registration or more information contact
june.ya@bpf.org, or visit www.bpf.org/ya.html

Endorsed by:

Spirit Rock Meditation Center, San Francisco Zen Center,
Jack Kornfield, James Baraz, and Gil Fronsdal.