

- TEENAGERS -

A Meditation Retreat For You

Get your head straight, chill out, learn to focus, and appreciate life to its fullest.

Explore your mind, emotions, thoughts, senses and body.

Connect with other cool teens in a positive, meaningful way.



June 15th to 21st

At Padmasambhava Peace Institute (west of Santa Rosa), CA

This **Buddhist Peace Fellowship Youth Program** retreat offers a profound opportunity for teen meditation practice and the exploration of how to live our lives with kindness and wisdom. They are a “don't miss” for any teen interested in experiencing meditation and mindfulness practices, truthful/heartfelt communication, wonderful mentors, safe community, great food, and a time to relax and reflect on the mysteries and truths of our lives.

Besides learning the formal meditation practices there are also times to go for walks, play music, tell stories, and enjoy a bonfire on the last night. Since meditation practice may be new to some teens each period of sitting and walking meditation will be limited to half an hour. Facilitators will be available to give extra support to teens whenever needed. Teens ages 15 to 19 are welcome.

*Teachers: Spring Washam, Tempel Smith
and Pascal Auclair*

Endorsed by: **Spirit Rock, Land Of Medicine Buddha, San Francisco Zen Center,
Jack Kornfield, James Baraz, and Gil Fronsdal**

For more information contact Devon Berry
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or visit www.bpf.org/teens.html