



## Lucidity, Transformation, and Healing:

### Meditation-based Mindfulness in Times of Need

A residential retreat hosted by Lakeside Buddha Sangha in the tradition of Thich Nhat Hanh

Friday, April 21 - Sunday, April 23, 2017

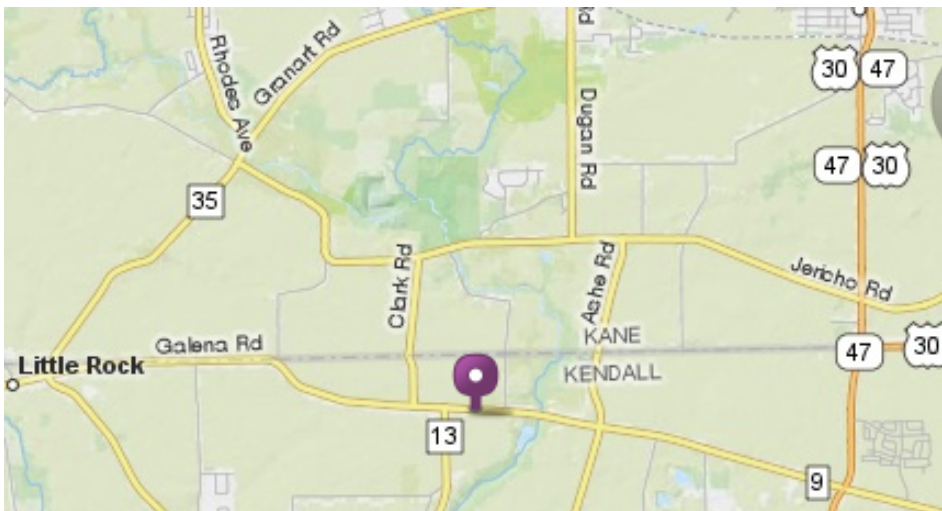
Facilitated by Dharma teachers Jack and Laurie Lawlor

Celebrate spring while immersing yourself in mindfulness in a beautiful country setting. This primarily silent weekend includes setting meditation, indoor and outdoor walking meditation, Dharma talks, and small group discussion. Meditation instruction is provided.

**Where:** LaSalle Manor Retreat Center features clean, comfortable single accommodations with shared baths. The retreat center, located one hour west of Chicago, is situated on 47 acres along beautiful Big Rock Creek and features wooded paths, native prairie, and a tranquil lake. Vegetarian meals will be provided on Saturday and Sunday. A vegan option is available. A late evening snack is provided on Friday.

**When:** Registration begins at 6:30 p.m. on Friday, April 21. At the request of the retreat center's staff, please do not arrive on Friday before 5:30 p.m. Instruction in meditation and formal sitting starts at 8 p.m. The retreat concludes on Sunday, April 23 following lunch.

**Cost:** \$199 per person. (See p. 2 for registration form). Space is limited. Registration deadline is **April 13, 2017**. No refunds after April 13. No rain date or weather cancellation or pro-rated discount. Call Lynn Bement, 708 606 0953 or e-mail [thecompostqueen@icloud.com](mailto:thecompostqueen@icloud.com) or visit [www.lakesidebuddha.org](http://www.lakesidebuddha.org) to download additional applications.



GPS directions:  
12480 Galena  
Road, Plano, IL

Questions? Call Lynn at 708 606 0953 or e-mail: [thecompostqueen@icloud.com](mailto:thecompostqueen@icloud.com) or [inquiry@lakesidebuddha.org](mailto:inquiry@lakesidebuddha.org).

What to bring: Your cushion and mat. Chairs are provided. Bedding and towels are provided. To reduce paper products, please bring your own mug for refreshments.

Directions:

LaSalle Manor, 12480 Galena Road, Plano, IL 60545-9522. Phone: 630 552-3224

(From Chicago) Take East-West Tollway, 1-88 west to Illinois 47; then take Illinois 47 south about 8 miles. Turn west (right) on Galena Road (not Galena Blvd., just south of I-88) for approximately 3 miles and watch for sign on left "LaSalle Brothers."



REGISTRATION FORM for Lakeside Residential Retreat "Lucidity, Transformation, Healing," Friday, April 21 through Sunday, April 23, 2017.

DEADLINE: April 13, 2017

Name(s) \_\_\_\_\_

Street address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail (please print clearly) \_\_\_\_\_

Number of persons \_\_\_\_ @ \$199 per person = \$ \_\_\_\_\_

Additional amount contributed to Scholarship Fund \$ \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

Note: Registration fees cannot be pro-rated for those who attend only part of program. Registration is non-refundable after April 12, 2016. No rain date or weather cancellation.

**Make checks payable to: Lakeside Buddha Sangha. Detach this form and mail to: Lynn Bement, 6235 Park Ave., Downers Grove, IL 60516.**