

Mindfulness Meditation Retreat
Led by Renowned Buddhist Teacher and Writer
Lama Glenn H. Mullin



Friday, April 23, 2010 - Sunday, April 25, 2010
In Broward County, Florida

(We recommend that you attend the whole retreat; however, if unable, please let us know when you register what portion(s) of the retreat you will be attending)

www.BrowardLotusSangha.org

Glenn H. Mullin (Maitri Lama) is a world renowned Tibetologist, Buddhist teacher and writer, and translator of classical Tibetan literature. He has authored more than two dozen books on Tibetan Buddhist culture, many of which have been translated into a dozen languages. He studied in the Himalayas for almost two decades with many of the greatest lamas alive at the time, and has taught Buddhist meditation and philosophy in more than 20 countries around the world. He presently lives in Mongolia, where he is helping to rebuild the traditional culture. For the past year he has focused on restoring the Mongolian residence of the great Russian-born New York artist and writer Nicholas Roerich, one of the early luminaries of the theosophical movement.

<http://www.glennmullin.com/new/profile.php>

This Mindfulness Meditation Retreat will cover several aspects of the Art of Mindful Living including periods of chanting, sitting and walking meditation, as well as Thây Nhat Hanh's Mindful Movements, and Lama Glenn Mullin's Dharma Talks and Question & Answer Sessions. This 3-Day Non-Residential Retreat is a great opportunity to deepen our meditation and mindfulness practice as well as to delve deeper into what it means to enter the Bodhisattva Path and practice the Art of Mindful Living. Two delicious vegetarian meals will be provided.

Once again, we **recommend that you attend the whole Retreat**; however, if unable, you can also register for individual days. Please let us know when you register what portion(s) of the Retreat you will be attending. Lama Glenn will provide daily Dharma teachings that are meaningful also for people who are not going to be present for the whole Retreat. **REGISTER ONLINE:**

<http://www.meetup.com/Broward-Lotus-Sangha/calendar/>