



*Nourishing*

*Happiness*

**Friday, April 24-**

**Sunday, April 26, 2015**

**Residential retreat hosted by Lakeside Buddha Sangha in the tradition of Thich Nhat Hanh**

**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 sitting 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 24. 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 following lunch.

**Cost:** \$199 per person. (See reverse for application and map.) Space is limited. The registration deadline is April 18, 2015. No refunds will be given after April 18. No rain date or weather cancellation. Call Lynn Bement, 708 482-7765 or e-mail [compostqueen@comcast.net](mailto:compostqueen@comcast.net). Visit [www.lakesidebuddha.org](http://www.lakesidebuddha.org) to download additional applications.

**REGISTRATION FORM for Lakeside Residential Retreat: "Nourishing Happiness"**

**Friday, April 24-Sunday, April 26 2015 DEADLINE: April 18, 2015**

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: \$-----

I would like to select vegan option and pledge to select vegan food only: -----yes -----no

**Note: Registration fees cannot be pro-rated for those who attend only part of program. Registration is non-refundable after April 18, 2015. No rain date or weather cancellation.**

Make checks payable to: Lakeside Buddha Sangha. Detach this form and mail to: Lynn Bement, 105 S. Stone Ave., LaGrange, IL 60525. Questions? Call Lynn at 708 482-7765 or e-mail: [compostqueen@comcast.net](mailto:compostqueen@comcast.net) or [inquiry@lakesidebuddha.org](mailto:inquiry@lakesidebuddha.org)

WHAT TO BRING: Your own cushion and mat. Chairs are provided. Bedding and towels are provided.

To reduce paper products, please bring your own mug for refreshments. DIRECTIONS TO LASALLE

MANOR: 12480 Galena Road, Plano, IL 60545-9522. Phone: 630 552-3224 (FROM CHICAGO) Take East-West Toll way, I-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."

