

# *A Tranquil Heart in a Tumultuous World*



*A Mindfulness Retreat  
in the Tradition of Thich Nhat Hanh  
with Dharma Teacher Leslie Rawls*



*St. Francis Springs Prayer Center, Stoneville, NC  
June 7-9, 2013 | Friday afternoon through Sunday lunch*

This retreat offers an opportunity to slow down, rest, and refresh ourselves in a peaceful, supportive setting. We will enjoy formal sitting and walking meditation, Dharma talks, private interviews with the teacher, small discussion groups, and solitary practice opportunities. The retreat will be mostly silent. Appropriate for new and experienced practitioners.

**Retreat rates** (room with private bath and vegetarian meals):

- Single room: \$235 per person.
- Shared room 2-3 people: \$195 per person.

The retreat cost covers lodging, food, and organizing expenses. Teachings are freely given. Donations to support the teacher are gratefully accepted.

Leslie Rawls received Dharma Lamp Transmission from Thich Nhat Hanh in January 2009. She is a senior member of the Order of Interbeing, having been ordained by Thich Nhat Hanh in 1995. She is the resident teacher in the Charlotte Community of Mindfulness and leads a weekly inmate Sangha.

*Registration: [www.charlottemindfulness.org](http://www.charlottemindfulness.org) (retreat page)*

*Email: [event@charlottemindfulness.org](mailto:event@charlottemindfulness.org)*

*Or scan this code for a pdf registration form:*

