

Luminous Mind presents

Joy, Grace & Awareness



Buddhist Retreat with Greg Bender

Friday, May 21 7:00–9:00 pm (Doors open 6:15 for registration)
Saturday, May 22 10:00 am–5:00 pm with optional group lunch
Location Scarritt-Bennett Center, Raintree Room — 2nd floor, Bennett Hall
Cost: Love offering (Our per-person cost is a little over \$40; you may donate according to your capacity. No one will be turned away for lack of ability to pay.)

By recognizing and cultivating a manner of being alive, awake and aware in our world, we can embrace the gift of grace, its beauty, kindness, love and compassion. By embracing and sharing grace we come into a sense of joy which engages the world and brings comfort and abundance for ourselves and others around us.

We will discuss the ideas around awareness, grace and joy, contemplate their experience and through meditation open the gate of possibility.

Greg Bender has been a practitioner for over 30 years and has been encouraged to teach Mahamudra, a method of direct awareness in the Tibetan Buddhist tradition. He has helped organized conferences with His Holiness the Dalai Lama and has travelled extensively to Buddhist sacred sites in India.

Location: Scarritt-Bennett Center, Raintree Room, 1008 19th Avenue South. Second floor of Bennett Hall. Parking Lot B.

Saturday Lunch: If you register by Monday, May 17, you can be included in the fabulous buffet lunch on campus for \$11.50 including tax. The meal will include meats, vegetarian options, vegetables, salad, desserts, tea and water.

Registration deadline: If you would like to dine with the group, please register by Monday, May 17. If you register after that date, you may be on your own for lunch.

Overnight Accommodations are available at Scarritt-Bennett Center for a more complete retreat experience. Go here to find out more and call the Scarritt Bennett front desk at 615-340-7500 to make an individual room reservation.

Register: LuminousMind.net