



# HAPPINESS IS HERE AND NOW

## RETREAT 2013

In Plum Village & Zen Master Thich Nhat Hanh tradition, guided by 4 sisters from Nhap Luu Monastery in Victoria (Sr. Trí Duyên, Sr. Thuận Tiến, Sr. Lương Nghiêm, & Sr. Cần Nghiêm), and 6 sisters from Plum Village Thailand (Sr. Thể Nghiêm, Sr. Khuyến Nghiêm, Sr. Quán Nghiêm, Sr. Xướng Nghiêm, Sr. Thuận Nghiêm & Sr. Trung Ngọc).

**TIME:** Friday 29/03 to Sunday 31/03/2013

**VENUE:** St Joseph Conference Center, 30 Tyson Road, Bringelly

**COST:** WHOLE RETREAT STAY: Adult: Dormitory: \$210 - Camping: \$180; Children (12 & under): Dormitory: \$140 - Camping: \$110; Student/Conc.: Dormitory: \$180 - Camping: \$160 ONE DAY OF MINDFULNESS (Saturday only) Adult \$60/ Student/Conc. \$50/ Family (2 adults & 2 children) \$150/ Children (12 & under) \$30.

**REGISTRATION CLOSE DATE: SUNDAY 24/03/2013 (BY 7PM)**

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