

celebrating silence, cultivating peace

a mindfulness retreat

*with dharma teacher joanne friday*

in the tradition of zen master thich nhat hanh

july 12-15, 2018

won dharma center, claverack, ny

limited partial scholarships available

*application deadline march 15, 2018*

for more information, scholarship application form, and to  
register, contact:

[berkshireremountainlaurel@gmail.com](mailto:berkshireremountainlaurel@gmail.com)

*“What you need, what we all need, is silence. Stop the noise in  
your mind in order for the wondrous sounds of life to be heard.  
Then you can begin to live your life authentically and deeply.”*

~ Thich Nhat Hanh



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