



Saturday, March 3rd,

9 am – 4:30 pm

Where: Unitarian Universalist
Congregation of the QC

3707 Eastern Ave, Davenport, IA
52807

Co-sponsored by the Prairie Riv-
er Sangha and the Unitarian Uni-
versalist Congregation of the QC
(UUCQC)

Make checks payable to Prairie
River Sangha and mail with com-
pleted registration form to:

Prairie River Sangha c/o Leslie
Ross , 1524 Elm St., Davenport,
IA 52803

Prairie River Sangha invites you to
**"Meditation-Based Mindfulness in a Challeng-
ing World of Action: A Day of Mindfulness"**

Saturday, March 3rd, 9 a.m. – 4:30 p.m.

**With Dharma Teacher Jack Lawlor,
ordained in the lineage of Thich Nhat Hanh**

Schedule

- * Check-in begins at 8:30 a.m.
- * Day of Mindfulness begins at 9:00 a.m.
- * Lunch: A vegetarian lunch will be provided.
- * Day of Mindfulness ends at 4:30 p.m.

What to bring

- * Sitting cushion (a limited number of cushions will be provid-
ed. Chairs will also be available.)

Details

- * Cost: \$25 (scholarships available.)
- * Deadline: The registration deadline is March 1. To ensure a
spot, please register early for the retreat.
- * The registration fee is nonrefundable after Feb. 23.

**REGISTRATION FORM : "Meditation-Based Mindfulness in a Challenging World of Action: A Day
of Mindfulness"**

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ email _____

Registration fee: \$ _____ = __ persons at \$25 each

Contribution: \$ _____ to scholarship fund for Day of Mindfulness

Total enclosed: \$ _____ Notes or requests _____

Is this your first mindfulness retreat? _____ Would you prefer a chair _____ or a cushion _____?

How did you hear of this event? _____