



Saturday, March 4th,
9 am – 4:30 pm
Unitarian Universalist
Congregation of the QC
3707 Eastern Ave, Davenport, IA
52807

Co-sponsored by the Prairie
River Sangha and the Unitarian
Universalist Congregation of the
QC (UUCQC)

Make checks payable to Prairie
River Sangha and mail with
completed registration form to:
Prairie River Sangha c/o Leslie
Ross , 1524 Elm St., Davenport,
IA 52803

Prairie River Sangha invites you to
“Socially Engaged Mindfulness
A Day of Mindfulness”
Saturday, March 4th, 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 catered by Chipotle will be provided.
- Day of Mindfulness ends at 4:30 p.m.

What to bring

- Sitting cushion (a limited number of cushions will be provided. 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. 24.

REGISTRATION FORM : “Socially Engaged Mindfulness : 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? _____

Confirmation will be provided by e-mail.