



# ***Entering the Stream of Awakening Mindfulness Retreat***

**September 11-13, 2015**

**St. Crispins Episcopal Conference Center**

Friday 7:00pm to Sunday noon

Join us and Dharma Teachers Larry Ward and Peggy Rowe for a weekend retreat in the healing beauty of nature to hear ancient teachings made fresh. We will learn about and practice **Entering the Stream of Awakening** with the breath. This retreat will share how mindful breathing can bring us home to serenity, insight and happiness.

We will practice mindfulness together, enjoying our breath, our steps and our smiles. We will have opportunities for mindful eating, noble silence, sharing, deep relaxation, sitting and walking meditation. There will be talks and exercises to deepen our understanding of the way of the breath and its practical gifts to our lives.

***Come join us as we refresh our bodies, hearts, and minds.***

**5 Vegetarian meals, two nights lodging, and all materials are furnished**

***Cost: \$260-\$330 (sliding scale - double occupancy)  
Single occupancy available upon request for a fee.***

***Registration deadline August 7th  
Please reserve early using information on the next page***

Sponsored by Prairie Wind Sangha  
Practicing in the tradition of Thich Nhat Hanh  
Contact Registrar Pat Webb  
webbpat1@cox.net  
(405) 209-7117

## Our Teachers & Venue

**Larry Ward and Peggy Rowe**, recently returned from Thailand, now live on Whidbey Island off the coast of Seattle. In 1994 Peggy and Larry received Dharma Teacher Transmission from Venerable Zen Master Thich Nhat Hanh. Larry has a PhD in Religious Studies with an emphasis on Buddhism and is also a Christian Minister. Peggy Rowe has degrees in Adult Education and Counseling Psychology. She and Larry offer retreats in the United States, Canada, Europe, Mexico and Asia. Peggy serves as a spiritual director for Buddhist practitioners in the US, as well as in Thailand. She and Larry co-authored *Love's Garden: A Guide to Mindful Relationships*, chosen as an outstanding Buddhist publication for 2010.

**St. Crispins** is located about an hour east of Oklahoma City on Highway 9 near Wewoka. The center is on 450 acres of rolling oak-covered hills in Seminole county. Quiet trails and clear lakes, beautiful wooded grounds, comfortable lodging and excellent vegetarian meals will contribute to our retreat. Check out their website [www.stcrispins.org](http://www.stcrispins.org).

**This is a residential retreat. Please register as soon as possible by mailing your check with the registration form below. You will receive a welcome letter with what to bring.**

**Some partial scholarships are available. For more information or special needs, please contact Pat Webb.**



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Please mail registrations payable to PRAIRIE WIND SANGHA  
c/o Pat Webb at 6051 N. Brookline Ave. #126, Oklahoma City, OK. 73112

### REGISTRATION

Entering the Stream of Awakening – September 11-13 – St. Crispins

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ (double occupancy)  
Roommate request (if applicable) \_\_\_\_\_