



Thich Nhat Hanh
UK RETREAT 2008

"There is no way to happiness, happiness is the way."

Zen Master Thich Nhat Hanh was born in Vietnam in 1926 and ordained as a Buddhist monk at the age of 16. He worked vigorously for peace throughout the Vietnam war and was nominated by Martin Luther King for the Nobel Peace Prize. Thomas Merton said of him 'Just the way he opens a door and enters a room demonstrates his understanding. He is a true monk.'

He lived in exile in France for many years, establishing Plum Village, a rural retreat centre, in 1982. Here, Western and Vietnamese people live together in harmony and offer a place of healing and spiritual transformation to many visitors each year. Recognised as one of the great spiritual teachers of the 21st century, Thich Nhat Hanh's teaching is based on conscious breathing, and being fully aware of the present moment, the only moment in which we really live and in which joy is possible. Through the practice of meditation in everyday life, and by showing compassion to all living beings, peace becomes possible within ourselves and extends to everyone we touch.

Thich Nhat Hanh is the author of many inspiring and practical books including; *The Miracle of Mindfulness*, *Touching Peace*, *The Art of Power* and *Peace is Every Step*.

This retreat forms part of **Thich Nhat Hanh's UK 2008 VISIT** which also includes the following event:
Public talk - Friday 22nd August 2008
Friends House, 173-177 Euston Road, London NW1 2BJ
Further details of this public talk can be found on the Community of Interbeing website: www.interbeing.org.uk



This visit is organised by the Community of Interbeing UK, the organisation which supports the teachings and practice of Thich Nhat Hanh in the UK.
Registered charity number 1096680

TOUCHING PEACE

Thich Nhat Hanh Retreat
24-29th August 2008
University of Nottingham

The retreat is suitable for both the experienced and those beginning meditation. People from all walks of life and all religious traditions are welcome. Families are warmly invited to come and participate, and a programme will be provided for children.

Three vegetarian or vegan meals will be provided daily. We will try to cater for special needs.

Accommodation will be in single rooms.

The venue is in the Midlands and is well served by coach, rail and road links. East Midlands airport is 30 minutes away.

Costs

Adult	£380 to £450
Each additional adult family member	£350 to £450
(Please give as appropriate to your situation)	
Child 3 18 years	£185
Under3s	free

We hope to offer partial bursaries to the less well off. Please contribute to the bursary fund if you can afford to. Please make a bursary request if you need financial help.



TOUCHING PEACE
RETREAT BOOKING FORM

Name

Address

Telephone number

'Email address

*(This will help reduce postage costs and save trees!)

Please reserve adult place(s)

Please reserve child place(s)

Age(s) of child(ren) in August 2008

Under 3s are free.

I enclose a bursary fund donation of £

I would like to make a bursary request.

I have the following special needs:

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Please make cheques payable to:

'The Community of Interbeing UK' and send to:

Retreat Registration
3 Granta Terrace
Stapleford
Cambridge CB22 5DJ

Further details will be sent to you nearer the time (please provide an email address if possible).