

# Watering Seeds of Happiness

## May 17 & 18, 2019

### *Friday* - Watering Our Positive Seeds

- ♦ Registration - 8:30 AM
- ♦ Orientation & Reading - 9:00 AM
  - ♦ Guided Meditation
- ♦ Walking meditation
- ♦ Break
- ♦ Dharma talk on watering seeds of happiness
- ♦ Lunch
- ♦ Body scan/relaxation
- ♦ Gatha writing & 1:1 sharing
- ♦ Break
- ♦ Dharma Sharing Groups
- ♦ Singing & Wrap up - 4:00 PM

### *Saturday* - Cultivating Healthy Gardens

- ♦ Registration - 8:30 AM
- ♦ Intro, readings & guided meditation - 9:00 AM
- ♦ Walking meditation
- ♦ Dharma talk on happiness as a collective matter
- ♦ Break
- ♦ Mindful movements indoors or stick exercises outdoors
- ♦ 5 Contemplations & lunch
- ♦ Panel on practicing with unwholesome seeds/mental formations
  - ♦ One on one sharing
- ♦ Break
- ♦ Dharma Sharing Groups
- ♦ Singing & wrap up - 3:45 PM

Don't forget your water bottle & favorite cloth napkin for lunch