



*Being Peace  
in the Midst  
of the Storm*

## LAUGHING RIVERS SANGHA—FALL RETREAT

October 18-20, 2019

### *What to Bring*

- Comfortable, loose fitting clothing (no shorts or tank tops for meditation)
- Cushion and/or mat for sitting (chairs will also be available)
- Yoga mat or blanket for deep relaxation meditation
- Umbrella or raincoat, if necessary, for outdoor walking meditation
- A reusable tea or coffee cup and a water bottle
- Cloth kitchen napkin for use at meals to help reduce waste
- A small flashlight in case you wish to go outside after dark
- Some cash or a check if you wish to offer Dana for the Teacher and film

### *Getting There*

#### **From Downtown Pittsburgh:**

From I-279 north, take Exit #11(McKnight Rd.) and travel approximately 6 miles. You will pass Ross Park Mall on the right and Northway Mall on the left. Turn right at the light onto Duncan Ave. Turn left onto Babcock Blvd. Drive past the main entrance to the next driveway and turn right (Between two stone pillars). At the top of the driveway, go to second stop sign. Look for large green sign and follow arrows to Kearns. The Center is to the left of the parking lot.

#### **From Route 8:**

Traveling north, turn left onto Duncan Ave. (Next light after Elfinwild). Traveling south, turn right onto Duncan Ave. At the first stop sign, continue to follow Duncan Ave. up the hill for several miles. At the second stop sign bear right and continue to follow Duncan Ave. At the next light, continue straight ahead on Duncan Ave. for approximately 1/2 mile. Turn right at the light onto Babcock Blvd. Drive past the main La Roche College entrance to the next driveway and turn right (Between two stone pillars). At the top of the driveway, go to second stop sign. Look for large green sign and follow arrows to Kearns. The Center is left of the parking lot.