

A Retreat in the Tradition of Thich Nhat Hanh



*Journey to the Heart of Understanding:
Finding Space at the Table for Everyone*

When: Dec 9-11, 2016

Registration ends: Nov 26, 2016

Call 404-680-2420

Visit www.breathingheart.org

Where: The Mountain

3873 Dillard Rd.

Highlands, NC 28741

Maps and directions will be provided

Kaira Jewel Lingo

Teaches Buddhist meditation, mindfulness, and compassion internationally, with a focus on children, families, and young people. She graduated from Stanford University with a B.A. and M.A. in Anthropology and Social Sciences. An ordained nun of 15 years in Thich Nhat Hanh's Order of Interbeing, she is now a lay Dharma teacher, leading retreats in the U.S., Europe, Asia, Brazil, India and Southern Africa, and offering mindfulness programs in schools. She edited Thich Nhat Hanh's, *Planting Seeds: Practicing Mindfulness with Children* and helped to start and develop Wake Up Schools, bringing mindfulness to education. In spring of 2015-16, she was a spiritual practitioner in residence at Schumacher College, an ecological college, in the U.K. In addition to her Zen tradition, she is also a certified Yoga teacher and an Interplay leader.

Al Lingo

A lay Dharma Teacher in the Buddhist tradition of Plum Village and a Protestant Minister, represents the Breathing Heart Sangha in Decatur, Georgia. He has presented retreats for mindfulness practice combined with the psychosynthesis program, "Unconditional Love and Forgiveness" in the United States, Europe and India during the 1990's and into the first years of the twenty-first century. In the 1960's he joined Martin Luther King Jr. as field staff in the Southern Christian Leadership Conference civil rights campaigns in Florida and Alabama. In the 1970's and 1980's he served as a faculty member of the Ecumenical Institute and the Institute of Cultural Affairs in Chicago, Bombay, Manila, and Nairobi.

THE BREATHING HEART SANGHA

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