

Joyfully Together Apart



Terry Cortes-Vega is an ordained dharmacharya (dharma teacher) in the Order of Interbeing, a community of lay practitioners in the tradition of Thich Nhat Hanh. Terry explains the Dharma by sharing her own experiences and insights at public talks and mindfulness retreats.

**WE INVITE YOU TO REGISTER FOR AN
ONLINE PERSONAL RETREAT
September 25-27**

Offered by:
Plum Blossom Sangha, (Austin TX)
Mindfulness Community of Greater New Orleans
and Northshore Rising Sun Sangha (Louisiana)

In this retreat we will explore the "8 Pillars of Joy" which are based on conversations between the Dalai Lama and Desmond Tutu about how to help put an end to suffering and experience joy. We will offer guidelines for creating your own personal retreat using a little bit of Zoom (guided meditations, Dharma Talks and Deep Relaxation) and a lot of personal practice. Retreatants will be given a packet of more than 75 concrete practices from Thay's teachings including indoor and outdoor guided meditations, mantras, reflections, poems, cartoons, and visualizations.



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SEPTEMBER 25-27

"You are invited to be a part of the DIY retreat, "Joyfully Together Apart." This is a very special opportunity for you to deepen your practice by creating, with guidance and support, your own personal retreat. To register, please click on this link:

<https://www.eventbrite.com/e/joyfully-together-an-online-retreat-tickets-117796659981>

Before the retreat begins you will receive, via email, the "Practice On Your Own" packet of materials as well as the Zoom link. The retreat is offered free of charge, but if you would like to offer dhana we will cheerfully receive it.

<https://plumblossomsangha.wordpress.com/practicing-generosity/>

We look forward to being joyfully together, apart.

Schedule (Tentative)

Friday (September 25)

On Zoom, 7:00-8:30 p.m.

- Check-in
- Dharma talk on Refreshing and Deepening Your Meditation Practice
- Guided Meditation: Letting Go

Practice On Your Own:

Guided Meditation: May I Sleep Well Tonight

Saturday (September 26) Daytime

Practice On Your Own:

Waking Up Meditation

On Zoom, 7:00-8:00 a.m.:

- Guided Meditation
- Dharma talk: The 8 Pillars of Joy, Concrete Practices for Working with your Un-Joy

Practice On Your Own:

- 5 Contemplations to bless food
- Work with an issue that is relevant to your life using the resources provided.

Saturday (September 26) Evening

On Zoom, 7:00-8:00 p.m.

- Deep Relaxation

Practice on Your Own

- Prayer for Contentment

Sunday (September 27)

On Zoom, 9:00-10:00 a.m.

- Guided meditation
- Q&A with Plum Blossom Sanghita Panel
- Small group sharing of the experience of your personal retreat

Practice On Your Own:

- Blessing My Food
- Work with an issue that is relevant to your life using the resources provided.

On Zoom, 5:00-7:00 p.m.

- Five Mindfulness Trainings Ceremony

For those wishing to receive the 5 Mindfulness trainings, please complete the application and send it to Curt at curt_hirsh@yahoo.com before the retreat begins on Friday.

