



Gratitude & the Heart of Practice

A One Day Community Retreat

with Frank Ostaseski

Saturday, May 19, 2018, 8:30 am – 4:30 pm
at Stillwater Ranch, 6282 Dufort Rd, Sagle, ID

Everyone is welcome. No prior meditation training is necessary to participate.

Gratitude is a virtue that supports our inherent human goodness. Gratefulness has proven benefits for physical and psychological health. It enhances empathy and reduces aggression. It increases social support, sufficiency and improves collaboration by an alignment with our highest values. Approaching life with the strength and vulnerability of gratitude - we are made ever more whole, connected, and alive.

Gratitude is a feeling that spontaneously emerges from within. However, it is not simply an emotional response; it is also a choice we make. Grateful living is a way of life, which asks us to notice all that is already present and abundant. Gratitude encourages us to trust life and receive it as a gift.

The experiential retreat will explore how to practice gratitude in daily life. Our day will include guided silent meditation, gentle mindful walking in nature, a dharma talk and group discussion. All are welcome to participate.

Frank will also conduct small group dharma dialogues for interested sangha members on Sunday, May 20, 2018 – please register early for dharma dialogues.

Pre-registration required. Costs: \$60.00 per person. Participants also contribute Dana, (freely offered donation to the teacher).

Bring your own lunch. Coffee, tea & dessert will be provided. No one will be turned away due to lack of funds. **Contact us for scholarship approval**

Please register online with credit care or mail your completed form with your check by May, 08th

Register online at: <https://www.regonline.com/gratitudetheheartofpractice>

Or Download Registration form at <http://sandpointsangha.com/events-news>

Teacher Bio

Frank Ostaseski is the guiding teacher for the Sandpoint Sangha. He is an internationally respected Buddhist teacher and visionary cofounder of the Zen Hospice Project, and founder of the Metta Institute. He has lectured at Harvard Medical School, the Mayo Clinic, Wisdom.2.0 and teaches at major spiritual centers around the globe.

His groundbreaking work has been featured on the Bill Moyers PBS series On Our Own Terms, highlighted on The Oprah Winfrey Show, and honored by H.H. the Dalai Lama.. He is the author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*.

Gratitude & the Heart of Practice w/ Frank Ostaseski, May 19, 2018

Costs: \$60.00 per person. Participants also contribute **Dana** (a Buddhist term for freely offered generosity or donation) to support the teacher and teachings.
No one will be turned away due to lack of funds.

Please bring a bag lunch. Coffee, tea & dessert will be provided.

You may bring a meditation cushion or bench. Chairs will be provided.

Directions: From Sandpoint, 11 mi. south on 95, Rt. on Dufort Rd. ~ 6 mil. Left at sign to Stillwater Ranch, 6282 Dufort Rd., Sagle, ID

Pre-registration required by May 12th please

The retreat is purely for the purpose of supporting the participant's meditation practice.

It is not to be seen or construed to be a form of psychotherapy or counseling. [L] [SEP]

Registration for May 19, 2018, 8:30 am – 4:30 pm

Registration Cost: \$60.00 + Dana

Name: _____ Phone # _____

Email Address: _____

City and State (no street address needed) _____

Frank will be doing group interviews for sangha members on Sunday, May 20th.

Please indicate if you would like to participate in the interviews:

yes _____ and if you have a time preference: AM _____ PM _____

Please register online w/ credit card or mail your completed form with your check by May, 08th

Register online at: <https://www.regonline.com/gratitudetheheartofpractice>

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Sandpoint Sangha, P.O. Box 2371, Sandpoint Idaho 83864

About Sandpoint Sangha

The mission of Sandpoint Sangha is to support people in their practice of mindfulness meditation and study of the teachings of the Buddha. We are a diverse, dedicated and widespread practice community that come from all walks of life, all faiths and five different countries. The Sangha is a resource, a community of spiritual friendship that supports us on our journey to discovering an abiding trust in the deeper dimensions of our nature.

For more info: <http://sandpointsangha.com/>
