

THE HEART OF PRACTICE IN DAILY LIFE

———— a non-residential retreat ————



with Frank Ostaseski
hosted by Sandpoint Sangha

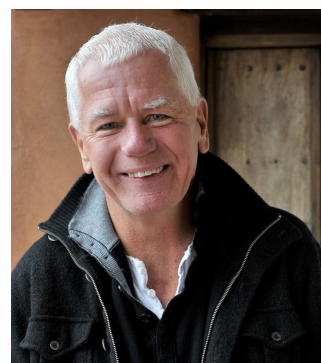
We will join together to quiet the mind, open the heart, and see our precious human life with the eyes of wisdom, bringing meditation and accessible Buddhist teachings into daily life. Integrating practice into our lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. This five-day retreat provides an opportunity to deepen your own practice while connecting with others on a similar journey.

All are welcome. No previous meditation experience is required.

Frank Ostaseski is an internationally respected Buddhist teacher and guiding teacher for the Sandpoint Sangha. He is also the visionary co-founder of the Zen Hospice Project, and founder of the Metta Institute. He has lectured at Harvard Medical School, the Mayo Clinic, and Google Headquarters, and teaches at major spiritual centers around the globe. He is author of *The Five Initiations: Discovering What Death Can Teach Us About Living Fully*.

Oct 16-20, 2019

Wed-Fri, Oct 16-18, 6 pm - 8 pm
Saturday, Oct 19, 9 am - 4 pm
Sunday, Oct 20, 9 am - 12 pm



For details and registration: SandpointSangha.com