

# THE HEART OF PRACTICE IN DAILY LIFE

Mindful Living Retreat hosted by Sandpoint Sangha  
Heartwood Center  
615 Oak Street, Sandpoint, ID

**Friday, October 18 ... 6 – 8 PM**

**Saturday, October 19 ... 9 AM – 4 PM**

**Sunday, October 20 ... 9 AM – 12:00 noon**

**Retreat cost: \$50.00**



Frank Ostaseski has been the Sandpoint Sangha's guiding teacher for over twenty years. Due to ill health, he is unable to join us to share the generosity of his teachings as planned.

Our time together will highlight Frank Ostaseski's book  
*The Five Invitations ... What Death Can Teach Us about Living Fully ...*  
as well as meditation and participatory exercises that extend our horizons and beckon us deeper.

**Your presence is desired and, beyond measure, will add to our circle as we join together to:**

**\*quiet the mind**

**\*open the heart**

**\*deepen our wisdom practice**

**\*support each other in bringing spiritual practice into daily life**

All are welcome. No previous meditation experience is required.

About Sandpoint Sangha:

The Sandpoint Sangha seeks to be an inclusive and diverse community practicing mindfulness meditation by studying Buddhist teachings illuminating a path of wisdom and compassion for everyday life. Our intention is to integrate and manifest wisdom and compassion in all aspects of our lives for the benefit of all beings.

**registration information:** <http://sandpointsangha.com/>