

***Speaking Mindfully: Owning the Power of our Words***

Daylong Retreat, Sunday, March 14, 2010

Daryl Lynn Ross will be leading a daylong meditation retreat at Zazen Lifestyle Studio and Spa, on the theme of *Speaking Mindfully: Owning the Power of our Words*. The day will include insight meditation instruction and practices and a Dharma talk and shared reflection on skillful and unskillful communication. We will reflect on the Buddha's teaching about right speech and look at how to navigate the reactivity that comes up in our own and others' speech. Speech is an important focus for awareness practice that is often overlooked. Developing skillful speech can bring huge benefits! There will also be a guided meditation and time for questions and reflection. We will break for lunch. Please bring something light to eat.

Zazen studio is located at 209 St. Paul West (metro Place d'Armes). Corner St. Francois-Xavier.

**Beginning time:** 9:15 am

**Ending time:** 3:30 pm

**Registration fee:** \$15

A donation for the teacher is requested.

Please email [info@truenorthinsight.org](mailto:info@truenorthinsight.org) if you plan to attend, or call 514-488-7484 for more information.