



mindfulmembers

The Radiant Heart Daylong Retreat

May 20, 2017



Join us as we cultivate our capacity to abide in loving kindness as the nature of our being. With guided sitting and walking meditation, wisdom teachings, and noble silence, we soften the mind, rest in the body, and open the heart to its full radiance, then shine our light in all directions for all beings.

Where: Park Road Baptist Church - Milford Chapel

3900 Park Road, Charlotte 28209

Date/Time: May 20 — 9:30 am to 4:00 pm

Fee: \$45 Registration On Line (\$55 at door) plus an offering of Dana to the Teacher

Register: On line at <https://ruthking.net>

Questions: admin@ruthking.net



Ruth King, Founder, Mindful Members Insight Meditation Community, Charlotte, NC

SAVE THE DATE: September 20 - Mindful of Race Daylong Retreat

Radiant Heart Retreat
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