

CULTIVATING COMPASSION AND KINDNESS FOR A PEACEFUL HEART

WITH AYYA SOBHANA

Questions?:
SHARI GENT
SNAPDRAGON38@GMAIL.COM



SATURDAY, AUGUST 31, 9:00AM - 4:00PM

How to sustain our inner tranquility in a world that may seem to be dominated by fear and hostility? Ayya Sobhana Theri will speak about the Buddha's teachings for overcoming anger, realizing the liberation of the heart through loving kindness, and aiming towards the sublime peace and freedom of the Sage at Peace.

This daylong retreat will include sitting and walking meditation, Dhamma talks and time for questions.

ABOUT AYYA SOBHANA

Ayya Sobhana is the Vice Abbess of Dhammadharini, the monastic women's community located in the Sonoma County. Together with Ayya Tathaaloka Theri, Ayya Sobhana has been deeply involved in restoring Bhikkhuni full ordination in the Theravada tradition. She meditated and trained with Bhante Henepola Gunaratana since 1989 and stayed at the Bhavana Society in West Virginia from 2000 to 2010. She ordained in 2003 and obtained full Bhikkhuni ordination in 2006. Her primary practice is the Eightfold Noble Path —i.e., integration of meditation with ethical living and compassionate relationships for the sake of liberation. During the past decade, Ayya Sobhana has been developing the crosswalk between the Buddha's teachings and our western understanding of emotion, as it has been transformed by recent developments in neuroscience, evolutionary biology and philosophy of mind.



EVENT DETAILS

LOCATION: Wat Buddhanusorn Temple, 36054 Niles Blvd., Fremont, CA 94536

PLEASE BRING: A food dish to share with all. Lunch will be offered in the monastic tradition.

DANA OFFERING: This retreat has no registration fee and is offered in the monastic tradition with the opportunity to offer dana to Wat Buddhanusorn and Dhammadharini. The word "dana" means generosity and simply translates into "heartfelt donation."

QUESTIONS

Contact Shari Gent at snapdragon38@gmail.com