

# WISE HEART YOUNG ADULT RETREAT

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*If the coming decades are going to be significantly different, today's young people need to find ways of securing peace in the world based on establishing inner peace within themselves and relying on dialogue to deal with whatever problems arise.*

~ His Holiness the XIV Dalai Lama

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***Join us as we explore how we can make our lives better from the inside out!***

- Ever been curious about meditation?
- Want to be able to find and maintain inner peace while navigating today's world?
- Are you ready to explore the power of your heart and mind?

Take a break from technology and the fast pace of life to join a community of like-minded peers for an extended weekend of meditation and exploration in the beautiful redwood forests of the Santa Cruz Mountains.

This intimate program for young adults (ages 19-30+) combines the elements of a retreat — meditation, contemplation, formal teachings — with art, nature, body movement and engaging discussions with peers. We will learn experientially how the cultivation of authenticity, kindness and wisdom can lead to deep happiness.

## ***2017 Retreat Theme: Crazy World, Calm Mind***

While the world on the outside can at times feel overwhelming and distressing, we can learn to access our inner calm in the storm. Over centuries, Buddhism has refined meditation methods which probe the nature of the mind and promote positive states of mind, including compassion. In these challenging times, the development of methods for cultivating our own emotional balance and promoting compassion for others is a tremendously important humanitarian goal.

This year's teacher, Venerable Tenzin Chogyi, tells us

“In my work with students, I have noticed that their most pressing concern is how to deal with their disturbing emotions, which of course is at the core of Buddhist thought and practice. Buddhism offers the theory of the Four Noble Truths and the explanation of where our suffering comes from, and a rich tradition of meditation practices. In these times of uncertainty where we are facing the threats of climate change and economic collapse, and political discord and unrest, the tools from Buddhism and Western psychology for dealing with our disturbing emotions are more urgently needed than ever.”

**At the Wise Heart Young Adult Retreat, we will:**

- Listen to Buddhist teachings geared for beginner and intermediate students
- Practice a variety of meditation styles
- Cultivate community through games, art projects, nature walks and deep discussions
- Learn meaningful rituals to connect us to our own innate wisdom and compassion

**Join us in exploring how mindfulness can help us:**

- Relieve stress and anxiety
- Deal with difficult emotions
- Cultivate an inner sense of calm
- Create space to connect with our deep inner wisdom
- Develop loving kindness toward ourselves and others
- Connect with what truly makes us happy
- Remember the joy that comes from an open heart
- Be inspired to make a difference in the world

Through it all, we will make new friendships, deepen old friendships and cultivate a sense of community and belonging.

Bring an open mind, a ready heart and your wonderful, wise self!

## LOGISTICS

Attendants can arrive and register between 1:00 to 3:00 PM on Thursday and the retreat will conclude by 2:30 pm on Sunday.