

# Dharma Buddies

Coming out to...

## Freedom of Heart

Gay/Bi/Trans  
Men's Residential  
Meditation Retreat

July 22<sup>nd</sup> - 27<sup>th</sup> 2008

Willow Pond Lake House,  
Whidbey Island, WA

Larry Yang is a Spirit Rock Community Dharma Leader in teacher training with Jack Kornfield. He is a guiding teacher of the East Bay Meditation Center in Oakland. Larry has practiced in Myanmar and Thailand including a six month ordination under the guidance of meditation master Ajahn Tong.



[www.larryyang.org](http://www.larryyang.org)

Buddhist mindfulness deepens insight into the truth about ourselves and our lives while awakening openness of heart. Silent sitting, walking, eating and movement meditations help develop wisdom and compassion to create more personal and collective freedom in an often homophobic society. Individual interviews and group sharing will contribute to this unique retreat for GBT men to be together in authentic spiritual community. Open to all levels of experience.

**5 days \$275~\$425**

*(Plus Teacher Donation ~ Dana)*

### 2008 Dharma Buddies Summer Retreat Registration Form

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address (City/State/Zip): \_\_\_\_\_ Phone: \_\_\_\_\_

Transportation:  Need ride  Will drive solo  Can carpool  Can drive another \_\_\_ people

Dietary restrictions? Please explain: \_\_\_\_\_

Sleeper sofa (\$425)  Twin bed (\$400)  Bunk Bed (\$375)  Commuter (\$275)

Donation to Scholarship Fund Total Enclosed: \_\_\_\_\_

**Sorry, no partial registrations.**

Make checks payable to: Dharma Buddies. Mail this form and check to:

**Dharma Buddies 216 - 30th Avenue, Seattle, WA 98122**

For further information, contact John at 206-720-1744 or [info@speakingforourselves.com](mailto:info@speakingforourselves.com)