



## Families on Retreat

Please Let Us Know Your Interest

If you have ever thought of bringing your children, grandchildren, nieces or nephews to a Tibetan Bon or Buddhist retreat please help us plan by filling out the survey found at this link:

<http://www.questionpro.com/akira/gateway/1335683-0-0>



There have been several requests from parents for some special programs for children at Ligmincha's Serenity Ridge retreat center in Nelson County, Va. In response to the need Tenzin Wangyal Rinpoche recently announced that Lhari-la Kalsang Nyima has agreed to teach at a special retreat for families in 2010. Our topic will likely be the Five Elements.

We are very fortunate to have Lhari-la with us, as he not only has a strong meditation background but also is trained as a thangka painter and well versed in Bonpo arts. He was responsible for educating the young monks at his monastery in Sikkim, India. We are planning a children's program during this retreat that will include time for dharma arts, simple meditation and prayers, support for parenting with a spiritual perspective, community caretaking, and fun and relaxation for the whole family.

You can show your potential interest in this program by filling out the survey at <http://www.questionpro.com/akira/gateway/1335683-0-0>

In addition, please let other like-minded families know about this opportunity by forwarding this message and link.

Hope to see you there,  
Cindy Jackson, M.Ed.  
and the Family Camp Planning Committee