



A Weekend Meditation Retreat for College Students

“A Degree in Doing Nothing”

By emptying the mind of stress, tension, anxiety, and worries, you can discover that peace of mind is possible at any moment. Return to a full schedule of academic work—yet, maintain this calm and clarity.

Led by: Venerable Chang Wen, monastic disciple
of the late Chan Master Sheng Yen

When: Fri, April 17 (eve) ~ Sun, April 19 (eve)

Where: Dharma Drum Retreat Center
184 Quannacut Road
Pine Bush, NY 12566

Cost: \$25 (not including transportation)

Organized by: Columbia University Buddhist Association and Dharma Drum for Young People

For more information or to register, e-mail : cubuddhistassociation@gmail.com (for CU students)

or Edward at wemeditate@gmail.com (for other colleges)

Dharma Drum Retreat Center: www.dharmadrumretreat.org

Dharma Drum for Young People <http://www.ddyp.org>