

# "Growing Happiness and Wisdom: Zoom and Bloom During a Pandemic"

*A Virtual Meditation Retreat  
February 6-7, 2021*

## 11th annual practice retreat blending the Thich Nhat Hanh & Vipassana traditions ("Thaypassana")

It is tempting to shut ourselves down during the Covid shutdown and during this time of social uncertainty and upheaval. However, the Buddha and the wise ones teach us to be present to whatever is and to deepen our practice, even in the midst of difficulty. Please join us for an on-line Thaypassana retreat in which we will reflect on how to grow our happiness and wisdom during these times.

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*Cost: Free, with an opportunity to offer dana*

### **SCHEDULE:**

Saturday: 9am-8:30pm with breaks for lunch and dinner  
Sunday: 8:45am-12:30pm

### **REGISTRATION:**

Please register at <https://bit.ly/3IFelji> - registrants will receive a Zoom link to access the retreat

### **DANA:**

Dana is shared equally among teachers and retreat manager and may be directed online via PayPal at paypalme/Thaypassana (@Thaypassana) or to Maureen's Venmo account @Moonbeam8, or via check. Please make checks payable to "Maureen Brady" and mail to Maureen at 4161 Veith Ave, Madison, WI 53704

Questions? Contact Maureen at [maureenieb8@gmail.com](mailto:maureenieb8@gmail.com)

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**Steven Spiro** is a chaplain in the Prajna Mountain Order, a teacher and creator of Breathing Earth Qigong, and a core member of SnowFlower Sangha in Madison. He served as an EMT, and teaches Buddhism and meditation in Wisconsin prisons. He's an artist, husband, grandfather, gardener, and dog lover.

**Janice Cittasubha Sheppard** is a Lay Buddhist Minister in the Theravada Thai Forest lineage of Ajahn Chah and Ajahn Sumedho, and a Community Dharma Leader through Spirit Rock Meditation Center. She teaches meditation locally, at Meriter Hospital, and in Wisconsin prisons.

**David Haskin** has been a student of Vietnamese Zen Master Thich Nhat Hanh since 1993 and is an ordained member of his core practice community, The Order of Interbeing. David teaches mindfulness and meditation in Wisconsin prisons and to people in recovery, combat veterans and to men's groups.