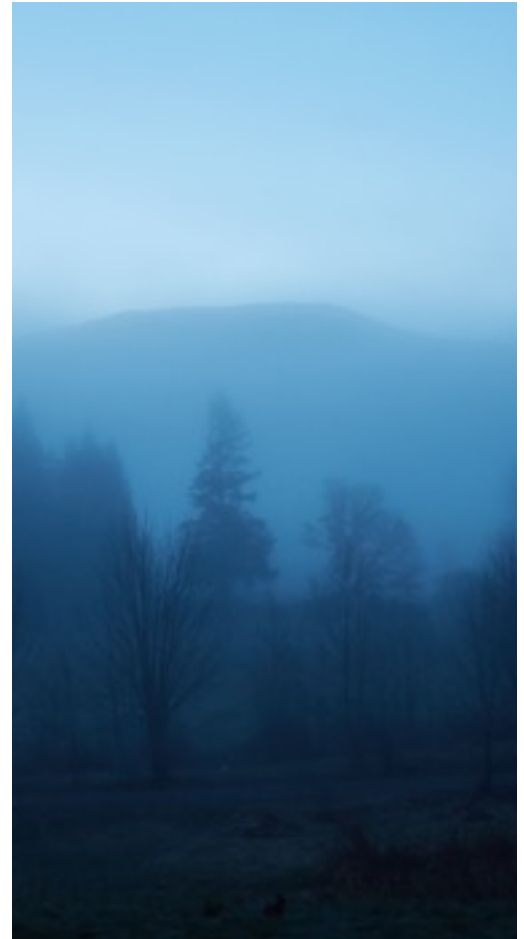


Family Camp Out Retreat

July 21-24



How do we parent with our spiritual values in the forefront?



Location: **Mountain Lamp Community**
Deming, WA

Fees: \$165 - adults
\$75 - children 6 - 16 years
FREE - children under 6

- * 10% camping discount
- * 5% Mountain Lamp Circle of Friends discount
- * 5% early registration discount (by June 10)

To register visit mountainlamp.org or email us at mlfamilycamp2016@gmail.com

How do we cultivate the field of spiritual well-being in the heart of our family life? How do we find time to nourish ourselves and our loved ones in the context of our busy everyday lives at home, school and work?

As parents, children, siblings, aunts, uncles, and grandparents, we will explore these questions as we take time to breathe, walk and sit, sing and play, work as a community, and enjoy being silent in nature together. A children and adolescent program will flow alongside a program for adults throughout the retreat. During certain activities each day, we will also join together as multiple streams of practice into one beautiful Sangha river.