

COOKING AND NOURISHMENT

WITH BROTHER PHAP HAI

AUGUST 29 - SEPTEMBER 2

This summer Mountain Lamp will sponsor a five day cooking retreat.

This retreat will be led by Brother Phap Hai with teachings from Eileen Kiera and Jack Duffy



Cooking and Nourishment Retreat August 29 - September 2

The retreat will start August 29 at 5pm and end on September 2 at 4pm



This special retreat will include cooking and teachings from former Chef, Brother Phap Hai of Deer Park Monastery. Dharma talks on how we nourish ourselves will be offered by Eileen Kiera and Br. Phap Hai.

Meals will be prepared by guests using local, seasonal, organic produce- much of which will come from our late summer garden. Participants will also work in the garden harvesting.

Eileen will be available for interviews during the retreat.



DEPOSIT: \$100

Deposit for Retreat is non-refundable after August 1,

Last day to register is August 15

5% Discount if you register before July 1

Cost for Retreat

\$425 Non-Members (plus dana)

\$400 Circle of Friends (plus dana)

\$375 for campers (plus dana)

All meals are included in retreat fees

Please offer generosity to our teachers at the retreat. (cash or checks)

Please complete form below and mail to Mountain Lamp Community,

P.O.Box 512, Deming, WA 98244, along with a \$100 deposit

Directions to Mt. Lamp will be sent with your confirmation.

Name: _____

Address: _____

Phone# _____

E-Mail _____

Emergency Contact _____

I would like to offer scholarship funds for low income retreatants in the amount of: \$_____

Circle of Friends (please circle)

Circle any: I am camping

I can help with shopping

Specific work skills &/or interests

Anything else we should know? (food allergies?)

Mail this Registration Form to:

MOUNTAIN LAMP COMMUNITY

P.O. Box 512 Deming, WA 98244

MEALS:
Are Vegetarian
Please note
medically
prescribed diet

SLEEPING:
Shared Indoor
or outdoor
camping

WHAT TO BRING:
warm sleeping
bag & pillow,
towel,
flashlight, alarm
clock,
meditation and
work clothes,
rain coat, warm
sweater, hat,
gloves, walking
shoes, boots,
personal
toiletries
tent for
campers

Cut off this
section and
save as a
reminder

