



The Still Heart

cultivating the inner life
with Eileen Kiera

August 31 - September 5



In silence, we allow our minds to quiet and listen more closely to the thinking heart. On retreat together, we practice sitting, walking, eating and working in companionable silence.

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

Fees: \$330 (US Dollars) + Dana

*** \$300 Mountain Lamp Circle of Friends**

*** 5% Camping Discount**

*** Canadians! we are accepting Canadian \$ at par due to the current exchange rate**

Please send a \$100 non-refundable deposit at time of registration, by August 24

To register visit mountainlamp.org or email us at ml-info@mountainlamp.org



Eileen Kiera is an ecologist by training and a vegetable gardener by passion, but the practice and support of the Dharma has been her primary focus for the past 26 years. She is a student of Thich Nhat Hanh and Robert Aitken, Roshi. Thich Nhat Hahn acknowledged her as a dharma teacher in 1990, and since then she's led retreats in many places in the U.S., Europe and Australia. Her primary commitment, however, is to support the maturing of Dharma practice near her home in the Pacific Northwest.