

The Power of Stillness

Buddhist Retreat



FRIDAY EVENING OCTOBER 17 THROUGH
NOON SUNDAY OCTOBER 19, 2025

In the tradition of Plum Village

(as established by Zen master Thich Nhat Hanh)

at the Norbertine Retreat Center, 5825 Coors Blvd. SW, ABQ, NM

This retreat is open to all. It will run from an introductory meeting Friday evening through about noon Sunday. Sunday morning the formal ceremony to receive the Five Mindfulness Trainings will be offered.

Led by Terry Cortes-Vega, resident Dharma teacher from Plum Blossom Sangha in Austin (plumblossomsangha.org) with assistance from the talented musician Nhu Mai Nguyen. The theme is **The Power of Stillness**. Simple meals are included with registration fee (vegetarian with vegan option), including dinner on Friday, breakfast, lunch, and dinner on Saturday, and breakfast on Sunday. Sunday lunch after the retreat ends will be on your own. You may commute or may reserve a recently built room with two twin beds and private bath for Friday & Saturday nights, for single or double occupancy. Here's a schedule, subject to modification. Please note that events are optional - breaks and personal time can be taken when desired.

Friday October 17: 5:00-7:00 p.m. Arrive, check in, get room if reserved, have dinner (provided). 7:00-8:00 Welcome, orientation, singing. 8:00-9:00 Dharma talk and meditation. Noble Silence until breakfast.

Saturday October 18: 6:30-6:45 a.m. Mindful movements. 6:45-7:45 Morning Chant, Sutra reading, sit/walk/sit. 7:45-8:45 Breakfast. 8:45-10:00 Singing and Dharma talk. 10:00-11:00 Outdoor walking. 11:00-12:00 Consultations/personal time. 12:00-1:00 p.m. Lunch. 1:00-2:00 Guided deep relaxation/consultations. 2:00-3:00 Beginning Anew. 3:00-5:00 Family Dharma discussion (inc. Five Mindfulness Trainings). 5:00-6:00 Dinner. 6:00-7:00 Sing, dance, play. 7:00-8:00 Dharma talk, meditation. 8:00-9:00 Evening walk, orientation for those receiving the 5 MT. Noble Silence until breakfast.

Sunday October 19: 6:45-8:00 a.m. Five Mindfulness Trainings Transmission Ceremony. 8:00-9:00 Breakfast. 9:00-10:00 Singing, Dharma talk, meditation. 10:00-11:30 Family Dharma Discussion. 11:30 Closing Circle.

Please bring your own cup, water bottle, cloth napkin, hat, sunglasses, sunscreen, jacket in case of cool weather, cushion and yoga mat. Service animals only, and children can visit only during the day under direct supervision (no day care provided and the insurance does not allow overnight stays by children).

A registration form follows this flyer. Registration is \$155, including all meals. Rooms with private baths and two twin beds are available for Friday and Saturday night at the rate of two nights single occupancy for \$140 or double occupancy for \$220. In accordance with the Buddhist tradition of generosity to teachers for the benefits obtained, additional donations to the teachers are encouraged. Sponsored by the Quiet Mind Sangha in Albuquerque. More info and a copy of this flyer and registration form are available at www.quietmindsangha.org. There will not be a Zoom option for this retreat. A small number of scholarships may be available for those in financial need.

Registration form for
The Power of Stillness
retreat in Albuquerque October 17-19, 2025

Name _____
Address _____
Phone _____
Email _____

How long have you been practicing Buddhism? _____ years
Have you attended previous retreats in the Plum Village or other traditions? _____

Item	\$ Cost each	Number	Extended cost (cost x number)
Retreat registration per person	155	_____	_____
Single occupancy room, 2 nights	140	_____	_____
Double occupancy room, 2 nights	220	_____	_____

Total \$ _____

In accordance with the policies of the Norbertine Retreat center, full payment is required with registration to reserve your space. Attendance is limited to 40 participants, and 18 rooms for single or double occupancy are available for attendees. **The deadline for receipt of room reservations is September 26, and the deadline for registration for attendance only is October 11.**

Please make checks payable to **Jon Nimitz** and mail along with this completed registration form to:

Jon Nimitz
3300 Mountain Rd. NE
Albuquerque, NM 87106-1920

Or if you prefer you can bring cash or check (plus registration form) to a Sangha meeting at the Albuquerque Zen Center, 2300 Garfield Ave. SE, ABQ at 5:00 p.m. Sundays. It's also possible to submit payment by Paypal to the email address below, adding 3% to cover the Paypal fee.

email jnimitz@comcast.net, phone (505) 256-1463 🙏❤️

