



# The 9<sup>th</sup> Annual Parade & Festival for the United Nations International Day of Peace PRESENTS

## **Mindfulness: The Everyday Path of Peace, Health and Wellbeing**

**A One-Day Silent Meditation Retreat with Gavin Harrison**

**Sunday, September 27, 2015, 9 a.m. – 3:30 p.m.**

Honoka'a Hongwanji Buddhist Temple Social Hall  
45-516 Lehua Street, Honoka'a, HI 96727

### **REGISTRATION FORM**

Registration Deadline: Friday, September 18, 2015

*(Registration after deadline will not include lunch)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email address: \_\_\_\_\_

A registration fee of \$30 (by September 18) includes a vegetarian lunch.

Make your check payable to "The Peace Committee" with "Day of Mindfulness" on the MEMO line.

Please mail this registration form together with your check to:

Mindfulness Registration

PO Box 366, Honoka'a HI 96727

Please bring your own meditation cushion or mat (some chairs available), and water. Wear loose-fitting clothes.

For details, please go to [www.peacedayparade.org](http://www.peacedayparade.org), click "EVENTS" then "Day of Mindfulness."

FOR INFORMATION or to REGISTER OVER THE PHONE call us at 775-1064

**Honokaa Hongwanji Buddhist Temple, PO Box 1667, Honoka`a HI 96727 808 775-7232**

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