



Tu Viện Từ Vân

*Compassionate Dharma Cloud Monastery*

8485 US Highway 285, Morrison, CO \* 303-697-4645 \* [www.cdcmonastery.org](http://www.cdcmonastery.org) \* [cdctinhman1@yahoo.com](mailto:cdctinhman1@yahoo.com)

**We warmly invite you to join us for a**

**~ Summer Retreat ~**

**“Mindfulness Meditation  
Depression & Addiction”**

**August 25-28, 2016**

Schedule to include:

- Sitting, walking, and working meditations
- Tai chi/ Qigong
- Dharma teachings and discussions
- Enjoy the beautiful mountain setting and dedicate your weekend to practice

Led by: Abbot Dao Quang & Abbot Tinh Man \*Biographies on next page\*

Begins: Thursday, August 25th (check in 4pm, dinner 6pm)

Ends: Sunday, August 28th (10am check out)

Register: Elaine ~ [true.lotus.heart@gmail.com](mailto:true.lotus.heart@gmail.com), 303-567-2927

registration deadline August 19th

Fee: \$200 Includes vegetarian meals and overnight accommodations.

All fees will go toward building a new meditation hall.

Please make check payable to CDC Monastery and mail to address below

**8485 S. US Hwy 285  
Morrison, CO 80465**

Thay Dao Quang immigrated to the US in 1994. While enrolled in college to improve his English, he pursued another passion, Psychology, eventually earning a BA in the subject. He has a Masters degree in Counseling, his MSW, is a licensed Therapist, and works with a variety of patients and groups teaching mindfulness as a part of healing. He is committed to the belief in the benefits of mindfulness & meditation and dreams of one day opening a therapy clinic where these are practiced. His pursuit of a Ph.D. in Clinical Psychology is temporarily derailed by a lack of funds. One of the requirements of his agreement as Abbot of the Tam Bao Temple, Baton Rouge, LA., is the continuation of his education. He currently attends Southeastern Louisiana University studying Family Counseling. “Normally monks don't get multiple degrees, because the additional burden of schoolwork can make a monk's already busy schedule exhausting” he says. Thay Dao Quang enjoys his work & his studies.

Many of us are familiar with Abbot Thay Tinh Man. He escaped Viet Nam in 1984 as “boat people”, immigrated to the US in 1986, practiced as an apprentice in 1989, and ordained as a monk in 1994 while continuing his education. He received the Lamp Transmission as Dharmacharya (Monastic Dharma Teacher) by Thich Nhat Hanh in 1999, during a residency in Plum Village. He returned to the US to attend Naropa University where he received his Master of Arts Indo-Tibetan Buddhism in 2007. In 2006 he established Compassionate Dharma Cloud Monastery where we are all warmly welcomed to come to learn & practice. In addition to his duties as Abbot, Thay Tinh Man also continues to pursue his higher education & interest in Family & Marriage Therapy, & mindfulness practice.

We are fortunate to have these 2 people willing to share their knowledge & expertise with us. And for this we are deeply grateful.

We hope you will join us and take advantage of this opportunity to learn to apply mindfulness & meditation in our modern world of addiction & depression.