



***THE JOY OF AWAKENING  
A DAY LONG MEDITATION RETREAT  
With***

***VENERABLE AJAHN THANASANTI***

***SATURDAY, MARCH 13, 2010  
9 AM – 4 PM***

Sponsored by Awakening Truth

Awakening Truth is a religious non-profit run by volunteers supporting training monasteries for Buddhist nuns and creating viable communities for practice in the west.

[www.awakeningtruth.org](http://www.awakeningtruth.org)

This retreat is suitable for both new and experienced students.

**Location:** Santa Barbara Unity, 227 E. Arrellaga St, Santa Barbara, 93101, Chapel  
*Please park on the street as another event is using the parking lot that day,  
unless handicapped accessibility is required.*

**Ajahn Thanasanti** has meditated for 30 years and has been a Buddhist nun for almost two decades, teaching intensive retreats internationally since 1996. Her interests include awakening compassion, finding skillful means to embrace the whole human condition and resting in awareness. She is currently based in Colorado, planning on moving to California in order to pursue her vision of monastic and lay practitioners working together to create viable practice communities.

**Early registration is appreciated as space is limited.**

Registration: \$10.00 deposit payable to Awakening Truth. The registration fee is used to cover teacher travel expenses and facilities rental.

Send to: Lauren David, 1187 Coast Village Rd. #604, Montecito, CA, 93108.

Please include name, phone number and e-mail address.

**The retreat is offered in the spirit of Dana (donation).** The teachings are considered priceless, thus the tradition of not charging a set fee. The ongoing support of a Theravadan monastic is totally dependent on lay people.

**Please bring a bag lunch and something to share with Ajahn Thanasanti.**

**For more information:**

Lauren David

(805) 845-7004

[laurendavid5@mac.com](mailto:laurendavid5@mac.com)