**Welcoming the New Year**

**Meditation Retreat in Wilmington**

**Led by Rev. WonGong So**

**Saturday, January 21st, 9 AM – 4 PM**

**Shell Island Resort**

**2700 N. Lumina Avenue Wrightsville Beach, NC 28480**

Welcome to this special ocean-front retreat, where we will cultivate a daily routine of mindfulness and oneness with nature! Give yourself the gift of a full day to honor your new year.

Meditation practice helps us tune into and awaken to the great potential of our chi-energy.

Meditation practice also helps us increase self-awareness, so we can clarify our visions and hopes.

Come develop your bright, fresh, and profoundly grounded energy, and establish a new rhythm for your spiritual development. Explore different types of meditation that are easily implemented in daily life, such as walking, standing, Qi-gong, chanting and sitting.

All levels of practitioners are welcome to this life-enhancing day of noble silence, contemplation, and fellowship by the beach. To maintain the vessel of community for the day, please plan to arrive on time and stay for the full day. Please bring a bag lunch and a full water bottle. Also, bring your preferred meditation cushion and yoga mat if you have one.  Chairs will be available upon request.

Suggested donation: $35-$60. Your generosity is appreciated.

Space is limited. ***Please register NOW!***

**Two ways to register:**

1. Mail in your application and check to **8021 Old NC, 86 Chapel Hill, NC 27516**

(Make check out to Won-Buddhism of NC).

1. Register on-line by clicking "[Here.](http://www.wonbuddhismnc.org/upcoming-special-events/2016/9/12/autumn-welcoming-meditation-retreat)" And pay through PayPal ($40 minimum donation).

*Contact: Lara 910-612-4330* [*lbjones1@gmail.com*](mailto:lbjones1@gmail.com) *or*

*WonGong 919-698-8237 <*[*WonTempleNC@gmail.com*](mailto:WonTempleNC@gmail.com)*>*

Rev. WonGong So is a compassionate, wise, and experienced teacher, who has taught meditation and dharma all over the world to people of all ages. She was ordained a *Kyomunim* in 1994, after undergoing eight years of intensive training in Korea. She subsequently served in the Gang-Nam Temple in Seoul and the Rockville Temple in Maryland. As a pioneering WonBuddhist priest in the West, Rev. WonGong established temples in Chapel Hill and Raleigh, NC, where she serves as head priest. She gives guest lectures at schools and colleges, directs a variety of meditation retreats and youth dharma camps, and provides cultural enrichment programs and life counseling. Rev. WonGong is a leading Korean-to-English translator of dharma teachings and is active within the international-interfaith community.  We are honored and delighted that she will be coming to Wilmington to guide this retreat!