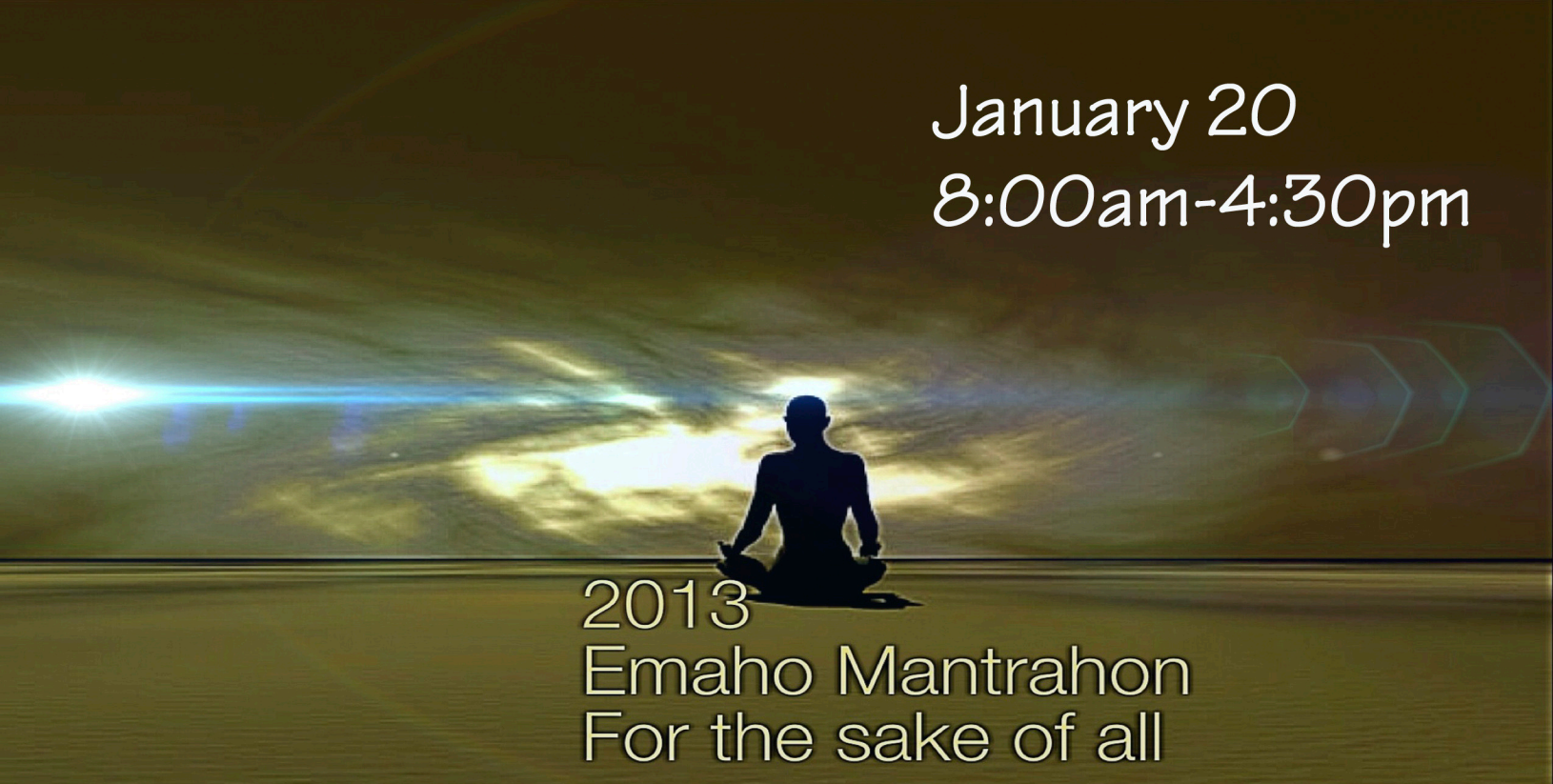


January 20  
8:00am-4:30pm



2013  
Emaho Mantrathon  
For the sake of all

We will be generating a stream to surround us and the world in loving mantra, engaging our hearts and minds to make a difference for the world. As our heart opens we feel the love and compassion as we evoke the attributes of Chenrezig.

Much Like a walkathon, the event encourages us to collect donations through pledges for accumulating mantra with our 4 sessions of practice. By collecting pledges, we engage the sponsors in our efforts. And, as a by-product, Emaho raises funds to help support Emaho's teachers, dharma and activities.

#### Mantrathon 2013 Schedule

- 7:45-8:30 am Bagels, coffee tea, juice, fruit.
- 8:30-10:00 am First session. Group practices Chenrezig Sadhana and mantra accumulations.
- 10:00-10:30 am Break.
- 10:30-12:00 pm Second session.
- 12:00-1:00 pm Vegetarian soup and light lunch provided. If possible, please maintain a vegetarian diet.
- 1:00-2:30 pm Third session.
- 2:30 -3:00 pm Break.
- 3:00- 4:30 pm Fourth session. Group concludes with a dedication of merit for the participants, sponsors and all sentient beings.

Suggested donations in pledges \$108.00. No one is ever turned away for lack of funds.