



## 2019年法鼓山西雅圖分會兒童心靈環保體驗營活動簡章

2019年法鼓山兒童心靈環保課程實用又活潑，蘊含禪修的精神，讓孩子在輕鬆中學習，歡迎報名，名額有限，請把握！

### 【營隊特色】課程採雙語進行

- ◎心靈環保的禪修體驗，從行住坐臥中體驗放鬆及安定身心的感受。
- ◎自然環保的大地體驗，學習感恩大地、珍惜資源、愛護地球。
- ◎禮儀環保的互動體驗，啟發生命教育，學習尊重及關懷他人。
- ◎生活環保的學習體驗，培養創造力及人文素養，陶冶性情及激發潛力。

【活動時間】8/5/2019~8/6/2019 二日營 9：30 am--4：00 pm

【活動對象】5歲至11歲孩童

【招生人數】24人，額滿為止

【活動費用】每人 \$70 元（包含午餐、點心、教材）

【活動地點】法鼓山西雅圖分會 14130 NE 21st St, Bellevue, WA 98007

【報名方式】採網路報名方式

請於報名後7日內將支票寄至法鼓山西雅圖分會，始完成報名手續。  
支票抬頭請寫 *DDMBA- WA*，並註記兒童姓名。

### 【報名須知】

1. 報名參加兒童營之小菩薩，如家長能於課程期間擔任義工者，將優先錄取。
2. 收到報名表及費用後，分會將在7天內以電子郵件寄發錄取通知。
3. 報名後擬取消參加者，請於活動前一個月通知本辦理單位，避免佔用名額。

【義工服務】歡迎年滿14歲的大小義工參與我們的活動，本會提供義工時數簽核

【聯絡方式】法鼓山西雅圖分會 14130 NE 21st St, Bellevue, WA 98007

電話：(425) 957-4597 或 (408)203-0806~ Iris

或上網查詢 <http://seattle.ddmusa.org>



## 2019 DDMBA-WA Mindful Kids Summer Camp

Every year, DDMBA Mindful Kids Summer Camps attract a diverse group of young people in Taiwan and overseas to come together and learn, play, and mature while having a great time. This program includes lots of hands-on activities, storytelling, meditation practice, music, art, and games, making this a fun experience. This camp aims to teach children with the values of caring, character, confidence, and concentration, as well as to inspire children's environmental awareness and to apply these skills to daily life.

Come join us and reserve a spot! Sign up your kids now!

**【Age】** ages 5-11 years old

**【Time】** 8/5/2019-8/6/2019, 9:30am-4:00pm

**【Cost】** \$ 70.00 (including lunch, snacks, and materials)

**【Location】** DDMBA-WA 14130 NE 21st St, Bellevue, WA 98007

**【Registration】** [Online registration](#)

### **【Please note】**

1. Please make a payable check to "DDMBA-WA" and include **your child's name** on the check.
2. Once received the registration form and payment, DDMBA will contact you by e-mail with a confirmation letter in a week.
3. All cancellations should be informed by e-mail **one month** prior to the camp starts.
4. Parent volunteers are needed.

\* If you have any question, please contact DDMBA-WA (425)957-4597 or (408)203-0806~Iris  
Or visit <http://seattle.ddmusa.org>