



Self Compassion - Return to Your Island



Nurture You and Others

A Half-Day of Mindfulness Practices
enhancing our connection with all that nourishes us.

Saturday, September 24, 2022, 8:00 am to Noon

Online via Zoom

(please see second page for connection links & more details)

Practices will include Silent Sitting Meditation, & Guided Meditation,

Dharma Study,

Speaking and Listening in peaceful harmony.

Participants:

Please commit to any or all of the three sessions being offered:

8:00 – 9:30 Silent Sitting Meditation & Guided Meditation

9:30 – 10:20 Thay Nhat Hanh's Dharma Talks

10:20 - Noon Dharma Talk, Discussion

Please prepare your practice space to be as serene as possible.

Smiling with knowledge that dogs will bark, phones will ring, family/friends may interrupt. Such is the nature of online mindfulness practice

with Dharmacharyas, OI and OIA of the Plum Village Community of
Engaged Buddhism



Ven. Thích Từ Lực,



True Deep Wisdom, True Bright Dwelling, True Compassionate Dwelling &



Radiant Awareness of the Heart.

Zoom Connection Information

Topic: Self Compassion - Return to Your Island; Nurture Yourself and Others

Time: September 24, 2022, 7:45 am (Pacific Time)

Join Zoom Meeting:

<https://tinyurl.com/ycx4smec>

Information for Sessions*

7:45 - 9:30 "Silent Sitting Meditation, Guided Meditation"

Sitting formally begins at 8:00 am.

Zoom gathering begins at 7:45 so that participants may settle in before we start.

9:30 - 10:10 Dharma Talks of Thay Nhat Hanh

Break

10:20 - Noon "Dharma Talk , Discussion"

Dharma Talk: "Nurture Self and Others"

Discussion follows talk, including Breakout Rooms.

Closing of the day.

* Please appreciate that sessions will be molded to best serve those in attendance.

Please E-Mail or Call

if you have questions regarding this day:

PhoTriDOM@gmail.com , 925-708-8662

Future DOMs: Nov 19, 2022