



## A DAY OF MINDFULNESS

***The Way of Awareness:  
Opening the Doors of Awakening  
in Our Everyday Lives***

**Saturday, July 15, 2023  
10:00 to 4:00**

**Udumbaba  
Retreat Center  
Duc Vien Tinh Lien  
21055 Summit Road  
Los Gatos, CA**

**CHECKLIST  
vegetarian/vegan lunch  
drinking water  
appropriate clothing for a  
monastic environment  
chair/cushion  
blanket/yoga mat  
sunscreen/sun hat**

**fragrance free, please**

### **DEAR SANGHA,**

The Fourfold Community of Bay Area Sanghas is invited to a day of nourishing practices in the Plum Village Tradition of Thich Nhat Hanh.

Members of the Northern California Mindfulness Community will lead us in silent sitting, Qigong, walking meditation, mindful eating, deep relaxation and Dharma study.

See the *Flow* for the day's activities.

### **DIRECTIONS | PARKING**

Driving North on Hwy 17, exit at Summit Road and take the first left onto Summit Road/Hwy 35. (You will cross Hwy 17, going west.)

Driving South on Hwy 17, exit at Summit Road and stay right.

Proceed approximately 2 miles. The gate, flanked by statues of temple dogs, is on the right. Drive through the gate and parking instructions will be provided.

### **LET US KNOW YOU ARE COMING!**

To RSVP text or call Jim Scott-Behrends at (831) 332-6176 or email Logan at [loganpayne@earthlink.net](mailto:loganpayne@earthlink.net).