



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

- 10:00 Silent Sit | Beem
- 10:10 Self Introduction & Housekeeping | Jim
- 10:30 Welcome | Thay Tu Luc, Ven. Dam Nhat
- 10:40 Sitting Meditation | Jim
- 11:10 **BREAK**
- 11:20 Five Element Qigong | Jim
- 11:40 Walking Meditation | David
- Singing | Birgitte
- 12:00 **LUNCH & BREAK** | Sally & Beem
- Five Contemplations (first 20 minutes in silence)
- 1:30 Touching the Earth & Total Relaxation | Jim
- 2:10 **BREAK**
- 2:20 Dharma Sharing | Jim
- 3:10 Dharma Discussions | All
- 3:40 Closing | Jim (Songs, Sharing the Merit, Reflections)



VENERABLE THICH TU LUC



VENERABLE DAM NHAT



DHARMA TEACHER JIM SCOTT-BEHRENDS
TRUE RECOLLECTION OF COMPASSION

Dana checks to Duc Vien Buddhist Community Pagoda