



A DAY OF MINDFULNESS

*Harmonious Living
With Self & Others*

**Saturday
September 23, 2023
10:00 to 4:00**

**Wisdom Meditation School
7233 Pleasant Valley Road
Vacaville, California**

**Bring your own
vegetarian or vegan lunch
and drinking water.**

**Cushions and chairs are
provided. You may bring
your own if you prefer.**

**Dress comfortably
for sitting and walking
and appropriately for a
monastic environment.**

No fragrances please.

DEAR FRIENDS

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

Venerable Thích Từ Lực, Dharma Teacher Châu Yoder and Order of Interbeing members will guide us in silent sitting, guided meditation, walking meditation, Qigong, mindful eating, deep relaxation, dharma study and deep listening.

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

LET US KNOW YOU ARE COMING

Call or text Chau at (925) 708-8662 or email photridom@gmail.com to RSVP.

DANA

There is no fee for the day but dana is gratefully accepted in the form of checks made out to Compassion Meditation Center (CMC).