



**Saturday**  
**November 4, 2023**  
**10 am to 4 pm**

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

## **A DAY OF MINDFULNESS**

***Save the date!***

### **DEAR FRIENDS**

Bay Area Sanghas are invited to a day of nourishing practices in the Plum Villiage Tradition of Thich Nhat Hanh at a beautiful monastery in the Santa Cruz mountains.

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

There will be no fee for the day but dana/ donations are appreciated.

If you would like to be a part of planning please contact Jim Scott-Behrends at [jsbehrends@aol.com](mailto:jsbehrends@aol.com).

Please save the date! There will be more information soon.