



A DAY OF MINDFULNESS

The Art of True Peace: Engaged Equanimity in Challenging Times

**Saturday, Nov. 4, 2023
10:00 to 4:00**

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

**WHAT TO BRING
vegetarian/vegan lunch
drinking water
cushion or chair
blanket/yoga mat
sunscreen/sun hat**

**Dress comfortably
for outdoor sitting
and walking and
appropriately for a
monastic environment.
No fragrances, please.**

**This event is free.
Donations will be
welcome.**

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.

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.

Summit Road is a winding mountain road. Proceed approximately 2 miles. A gate, flanked by statues of temple dogs, is on the right. Drive through the gate. Parking instructions will be provided.

LET US KNOW YOU ARE COMING!

Click here to RSVP by October 28th.

Questions?

Jim Scott-Behrends ~ (831) 332-6176 or
Natascha Bruckner ~ 707-888-1916 /
njbruckner@gmail.com