



# “Buddha Resting on One Knee” Relaxing In your Buddha Nature



A Day of Mindfulness Practices  
enhancing our connection with all that nourishes us.

Saturday, March 23, 2024, 10:00 am to 4:00 pm  
At Wisdom Meditation School, 7233 Pleasants Valley Road,  
Vacaville

• LET US KNOW YOU ARE COMING

Call or text Chau at (925)708-8662 OR email to: [photridom@gmail.com](mailto:photridom@gmail.com) to RSVP

Practices will include Silent Sitting Meditation, Guided Meditation,  
Dharma Study, Qigong and Listening in peaceful harmony.

(Please see the Flow page for more details)

Participants: Please bring your own vegetarian/vegan lunch and drinking water.  
Clothing should be “monastery appropriate”. Fragrance-free are greatly appreciated.  
Cushions and chairs are provided. (You may bring your own cushion if you prefer)

with Dharmacharyas, OI and friends of the Plum Village Community of  
Engaged Buddhism



Ven. Thích Từ Lực



True Deep Wisdom



True Compassionate

Dwelling



Kaleo Ching ([Kaleoching.com](http://Kaleoching.com))