



# Cultivate Habits for Joy and Compassion

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

Saturday, September 21, 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 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 Members & Friends of the Plum Village Community of Engaged Buddhism



Ven. Thích Từ Lực



True Deep Wisdom



True Compassionate Dwelling



Kaleo Ching (Kaleoching.com)