

you have seen
the path
do not fear
any more



**A DAY OF
MINDFULNESS**

Save the date!

**October 12, 2024
10 am to 4 pm**

**Udumbara
Retreat Center
Duc Vien Tinh Uyen
21055 Summit Road
Los Gatos**

THE FIVE MINDFULNESS TRAININGS

True Path of Compassion and Understanding

Dear friends,

You are invited to enjoy a day of nourishing practices in the Plum Village Tradition of Thich Nhat Hanh at a beautiful monastery in the Santa Cruz mountains.

We hope you will join us as members of the Northern California Community lead us in mindfulness practices and provide a forum on the Five Mindfulness Trainings. There will be a Transmission Ceremony for those who wish to receive, or renew, the Trainings.

If you would like to be part of the planning process please contact Jim Scott-Behrends at jsbehrends@aol.com.

Please ***save the date!*** More information will be coming soon.



RETREAT IN APRIL 2024