



*No Mud, No Lotus.
Breathe, Pray, Embrace
And do our best*

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

**Saturday, March 22, 2025, 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

Radiant Awareness/the Heart

Kaleo Ching