



A DAY OF MINDFULNESS

Ease of the Heart – Bringing Equanimity into Our Daily Lives

SATURDAY
April 19, 2025
10 am to 4 pm

**Please arrive by 9:45
to allow time to
park and settle in.**

**Udumbara
Retreat Center
Duc Vien Tinh Uyen
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.

**There are no fees
but dana (donations)
will be appreciated.**

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, walking meditation, mindful eating, deep relaxation, and Dharma study.

LET US KNOW YOU ARE COMING!

Please RSVP using this form to help with planning and carpooling:
<https://shorturl.at/EvUe5>

DIRECTIONS

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.

Proceed approximately 2 miles on a narrow mountain road. The gate, on right, is flanked by statues of temple dogs.

For questions, you can contact
Jim – jsbehrends@aol.com, or
Natascha – njbruckner@gmail.com