



A DAY OF MINDFULNESS **Ease of the Heart – Bringing** **Equanimity into Our Daily Lives**

Save the date!

Dear friends,

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

Saturday
April 19, 2025
10 am to 4 pm

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

Members of the Northern California Mindfulness Community will lead us in silent sitting, walking meditation, mindful eating, Qigong, and Dharma study.

There are no fees for the day, but dana (donations) will be appreciated.

If you would like to be a part of planning, please contact Natascha: 707-888-1916 / njbruckner@gmail.com.

Please save the date! More information will follow soon.