



A DAY OF MINDFULNESS

All Together Now

The Insight of Interbeing



WHEN

Saturday, October 18
10:00 to 4:00

WHERE

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

WHAT TO BRING

Bring your own
vegetarian lunch
and beverage.

Cushions are provided
but you may want to
bring your own cushion,
yoga mat or blanket.

WHAT TO WEAR

Dress comfortably for
outdoor sitting and walking
and appropriately for a
monastic environment.
No fragrances, please.

There are no fees
but we can express our
appreciation through
dana (donations).

DEAR FRIENDS,

Please join us at a beautiful spot in the Santa Cruz mountains for a Day of Mindfulness in the Plum Village Tradition. Our day will include sitting and walking meditation, a dharma talk, a mindful lunch and dharma sharing – practices to invite our true presence and to cultivate our understanding of interbeing. We'll have opportunities to embrace our concerns and challenges as well as to share ways we practice compassionate engagement in the world.

LET US KNOW YOU ARE COMING!

To help with planning and ride sharing please **RSVP** [here](#).

VOLUNTEER OPPORTUNITIES

Service is an important part of our practice and brings joy! Would you like to help?

- Organize Ride Share
- Parking Guide
- Greeter
- Five Contemplations Reader

To help with planning or to volunteer on the day of the DoM, please contact Jim Scott-Behrends at jsbehrends@aol.com or Natascha Bruckner at njbruckner@gmail.com.