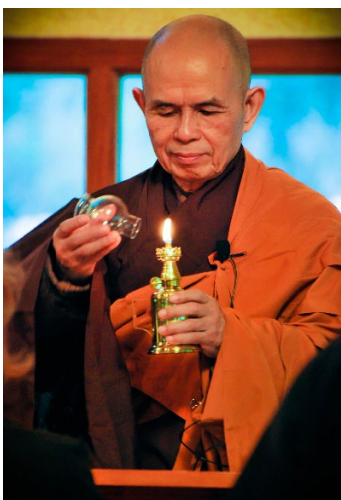




Save the date!

GOOD MEDICINE FOR OUR TIMES

A Day of Mindfulness and
Transmission of the Five Mindfulness Trainings

Offered by Dharma Teachers Lyn Fine, Caleb Cushing,
Victoria Mausisa, Prajna Paramita Choudhury,
and Denise Bergez

Hosted by the Venerable Thích Từ-Lực

When

Saturday December 12
9:30 am – 4:00 pm

Where

Chua Pho Tu/
Compassion Meditation
Center
17327 Meekland Avenue
Hayward

Dear friends,

You are warmly invited to a Day of Mindfulness that will include sitting and walking meditation, a dharma panel, a mindful meal, and a transmission of the Five Mindfulness Trainings. We will joyfully offer the trainings to any Northern California practitioner in the Plum Village tradition who wishes to receive or renew them and who can attend this ceremony in person.

Are you interested in receiving the trainings?

There will be a Zoom gathering on November 4 in which you will have the opportunity to explore the trainings and discern whether you would like to receive them.

Save the date!

A flier will be distributed in late September with a link to sign up for the November 4 Zoom gathering.

Questions? Contact Denise: deniseberge24@gmail.com

My actions are my only true belongings. Thich Nhat Hanh