

COMMUNITY OF MINDFULNESS/ NEW YORK METRO
Inspired by the Teachings and Practice of Thich Nhat Hanh

Invites you to a

Day of Mindfulness

(Zoom link below)

Saturday, July 18, 2026 🛎 10am-1:30pm (EST)

with

Dharma Teacher

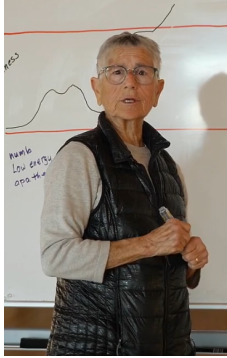
Jo-ann Rosen



The Audacity to Play

Explore holding the chaos,
anger, grief and not knowingness
through the lens of
Trauma Informed Plum Village Practices
& experimenting with *play practices*
using various expressive arts



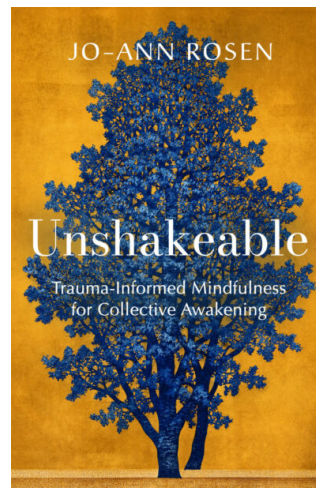


Jo-ann is a licensed psychotherapist who has worked for the last thirty-plus years with individuals, families, groups, and in workplace settings with a special focus on individual, group, and institutional trauma. Applying this work with a neuro-informed lens, she has offered workshops and trainings in elementary school classrooms, among school faculty and social service workers, and with underserved communities in the US, Mexico, Israel, and the West Bank.

Having received the Lamp of Wisdom and the encouragement to teach the Dharma from her teacher, the Venerable Thich Nhat Hanh in 2012, she then cofounded the international EMBRACE Sangha which employs a neural-informed approach to Buddhist psychology.

Jo-ann lives in rural northern California with her partner of 44 years.

*Jo-ann is the
author of:*





The teachings are freely given and Dana is a practice of generosity.

Supporting our teachers is an integral part of our Sangha Practice. Please reflect on your circumstances and ask, "What may be too little or too much?"

When you decide    Here's How:

to Donate: [click HERE](#)

Or

Send check made out to

Jo-ann Rosen

 mail to:

3751 Low Gap Road

Ukiah, CA 95482



To Join Zoom Meeting:

Please, **Register in Advance** for this Day of Mindfulness:

<https://us02web.zoom.us/meeting/register/vW613ibXQHO6Q3VI-Qs-vw>

After Registering:  you will receive a Confirmation Email with Instructions to Join Meeting, *including Dial in Options* 



We look forward to practicing together!

