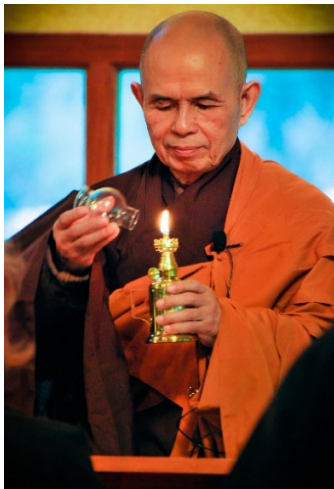




GOOD MEDICINE FOR OUR TIMES

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

*My actions are my
only true
belongings.*

Thich Nhat Hanh

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 Wednesday November 4 from 7-8:45 pm in which practitioners will have the opportunity to explore the Five Mindfulness Trainings and discern whether you would like to receive them.

Please register for the November 4 Five Mindfulness Training discernment gathering here:

<https://forms.gle/FKVub4rn9XEm5ZXp8>

You can read the Five Mindfulness Trainings on the Plum Village website: <https://plumvillage.org/mindfulness/the-5-mindfulness-trainings>

To study the Mindfulness Trainings more deeply, you can read Thich Nhat Hanh's book [For a Future to Be Possible](#).

Questions? Contact Denise: denisebergez24@gmail.com