

Day of Mindfulness

in the Zen Buddhist tradition of Thich Nhat Hanh and Plum Village

Sunday May 15, 2022, 9:00 a.m. to 3:00 p.m.

Carolino Open Space Upper Area

(Rain or shine: there is a covered meeting space)

Sponsored by the Quiet Mind Sangha

Please join us for an outdoor Day of Mindfulness (DOM) in a beautiful spot off of Highway 14 south of Tijeras.

We will bring our own lunches, plus plenty of our own water and drinks. You can optionally also bring individually prepackaged items to share if desired. Also bring a hat, sunscreen, jacket, water, cup, cushion, blanket, beach towel, or yoga mat.

Directions: The Carolino Open Space is about a 30-minute drive East then South from central Albuquerque. From I-40, take exit 175 (Tijeras exit) south on Highway 337 (South 14). Proceed 9.3 miles and look for a sign to the Carolino Canyon Open Space on your left. Turn in and proceed to upper meeting area, then park in the lot.

Here are some of the possible activities for the day:

Singing
Sitting meditation
Walking meditation
Lunch
Sharing some favorite readings (bring your own)
Writing gathas
Stick exercises
Qi Gong
Guided deep meditation



There is no fee, but there is a suggested donation of \$10 to cover the cost of renting the facility. More information on the Quiet Mind Sangha is available at www.quietmindsangha.org

Looking forward to seeing those able to make it then.

With metta,

