

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. If you'd like to do the optional stick exercises, bring a stick of your own height (could be made by buying a dowel at a hardware store and cutting it to length).

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 small sign to the Carolino Canyon Open Space on your left. Turn in and proceed to upper meeting area, then park in the lot. The site is accessible for the handicapped. Note: there will not be a regular Sangha meeting at the Albuquerque Zen Center in the evening on this day.

Here is an approximate agenda for the day:

9:00 a.m. Meet, greet, and sing

Sitting meditation

Read the Pebble Meditation

Walking meditation (and gather four pebbles)

Finish pebble meditation, sing In & Out song

Lunch

Guided deep relaxation meditation

Walking meditation or optional stick exercises

Sharing some favorite readings related to practice (bring your own)

Singing

Dharma sharing

Closing circle, adjourn at 3:00

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,

