

Day of Mindfulness

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

Sunday October 30, 2022, 9:00 a.m. to 3:00 p.m.

Elena Gallegos Open Space, Kiwanis 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 the beautiful foothills of the Sandia Mountains.

We will bring our own lunches and drinks. Also bring a hat, sunscreen, sunglasses, jacket, ample water, cup, cushion, blanket, beach towel, or yoga mat. If you would like to share food, please bring individually packaged items.

Directions: From Tramway a little north of Academy, turn east on Simms Park Road. This will take you to the entrance hut to the Elena Gallegos Open Space. Tell the attendant there you're here for the Day of Mindfulness at the Kiwanis area, and there will be no charge. Turn left at the hut and follow the road to the Kiwanis area parking lot on your right. Note: there will not be a regular Sangha meeting at the Albuquerque Zen Center in the evening on this day.

Approximate agenda for the day (subject to change):

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

Sitting meditation

Walking meditation

Lunch

Reading from one of Thay's children's books

Guided deep relaxation meditation

Walking meditation

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,

