

# Day of Mindfulness

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

**9:00 a.m. to 3:30 p.m. Sunday April 28, 2024**

**Kiwanis area, Elena Gallegos Open Space**

(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 in the foothills of the Sandia Mountains.

We will bring our own lunches. You can optionally also bring individually prepackaged items to share if desired. Also please bring a hat, sunscreen, jacket, water, cup, cushion, blanket, or yoga mat.

Directions: from I-40, exit onto Tramway Blvd. north. After the Academy Road traffic light, turn right onto Simms Park Road and travel east to the entrance booth. Tell the attendant you are with the Quiet Mind Sangha Day of Mindfulness and you won't have to pay to enter. Turn left and follow signs to the Kiwanis area parking lot.

Here's a preliminary program of activities (subject to change):

9:00-9:30 Gather, tea, introduction, singing  
Sitting meditation  
Walking meditation (short and long)  
Lunch  
Readings  
Gatha writing  
Second walking meditation (short and long)  
Singing  
3:00 Closing



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](http://www.quietmindsangha.org)

Looking forward to seeing you then.

With metta,

