



Compassionate Action

Responding to the world we have

A Day of Mindfulness in the tradition of Thich Nhat Hanh
including a transmission ceremony of the
5 Mindfulness Trainings
Brother Phap Man of Blue Cliff Monastery
Maine dharma teacher, Peggy Smith

Saturday, June 1st, 2019

9:30 am – 4:00 pm – plan to arrive ~ 9:00

Unitarian Universalist Church of Brunswick, Maine
5 Middle Street

Program: Periods of sitting and walking meditation, a dharma talk, small group exploration, outdoor walking meditation, mindful (silent) eating practice, and Transmission of the Five Mindfulness Trainings,

The link to visit the registration form: <https://forms.gle/ZgPz261uCeRbevqE7>

The link to visit the 5 MT application form: <https://forms.gle/vjH8U1WX2SMvZLNh9>
Application deadline is Thursday May 30 at 5pm

FMI: peacefulheartsangha@gmail.com

Suggested registration donation: \$20 (no one will be turned away for a lack of funds).
Dana/generosity will also be accepted for our teachers.

Please bring:

- Brown bag vegetarian lunch and your own beverage(s) for the day.
- Meditation cushion/bench if you have one - chairs will be provided.
- Blanket or warm shawl in case the space is cool in the morning.

“Maine Communities in the Plum Village Tradition of Thich Nhat Hanh”