

~ release ~ happiness ~ calming ~

~ awareness ~
~ joy ~
~ compassion ~
~ peace ~

~ understanding ~
~ healing ~
~ resting ~

MAY 24, 2014
DAY OF MINDEFULNESS

by Monastic Teachers of Magnolia Grove Meditation Practice Center

With a Special Invitation to Veterans

Held on the grounds of the

North Shore Unitarian Universalist Society, 28662 Krentel Road, LaCombe, LA

Cost: \$20.00

Registration 8:00 a.m. - 8:45 a.m.

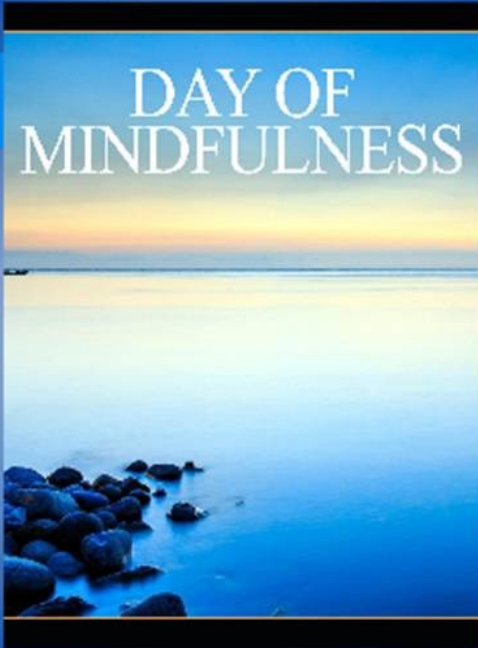
Teachings on Mindfulness and Meditation 9:00 a.m. - 4:30 p.m.

**For further information and registration go to risingunsangha.weebly.com
email earthshoreringuan@gmail.com or call 985-273-2405**

Sponsored by: Newfane Abbey, Sun Sangha and Clearwater Sanctuary

magnoliegrovemonastery.org • risingunsangha.weebly.com • clearwatersanctuary.org

DAY OF MINDFULNESS



MAY 24, 2014

Presented by the Monastic Teachers
of Magnolia Grove Meditation
Practice Center

With a Special Invitation to Veterans

Held on the grounds of the
North Shore Unitarian Universalist Society
28662 Krentel Road • Lacombe, LA

risingsunsangha.weebly.com

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~ • ~
Mindfulness is a way of living in the present moment with awareness. To accept what is and continue to live and operate in joy is the basic goal of mindfulness practice. People of all walks of life and faiths use this practice to cultivate peace within themselves and with others. By sharing the work of Vietnamese Zen Master, Thich Nhat Hanh, this Day of Mindfulness will offer participants teachings and practice in mindfulness, mindful eating, mindful speaking and mindful walking - four ways of becoming fully present to the moments of our lives.
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Cost: \$20.00

Registration 8:00 a.m. - 8:45 a.m.

Teachings on Mindfulness & Meditation
9:00 a.m. - 4:30 p.m.

A simple vegetarian lunch will be provided

For further information and registration go to:
risingsunsangha.weebly.com
email northshorerisingsun@gmail.com
or call 985-273-2405

Space is limited

*To honor our veterans this Memorial Day Weekend,
assistance with the registration cost is available.*

~ understanding ~ healing ~ resting ~

Sponsored by: *Northshore Rising Sun Sangha and Clearwater Sanctuary*
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