

EVENING OF MINDFULNESS: IN THE ARMS OF MOTHER EARTH

**Tuesday October 3
6:30 pm – 9:00 pm**

WHERE:

Quang Minh Temple

420 Pennsylvania SE, Albuquerque, New Mexico (about 2 long blocks south of Zuni, SE). Parking is available on Pennsylvania or across the street in the community center parking lot.

With the Monks and Nuns of Plum Village, Deer Park, Magnolia Grove and Blue Cliff Monasteries practicing in the tradition of Zen Master Thich Nhat Hanh

Join us for the opportunity to be with the Plum Village monastics. The evening includes: songs and guided meditation, sharing from the monastics, mindful movements, questions and answers, and walking meditation

No charge.

DANA:
in the Buddhist practice of generosity, dana would be gratefully accepted to support the monastics.

Please bring a cushion if you need one. Chairs will be available.

**Sponsored by:
Rainbow Sangha,
Albuquerque, New
Mexico**