Day of Mindfulness

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

9:00 a.m. to 3:00 p.m. Sunday May 4, 2025 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

Pebble or tangerine meditation

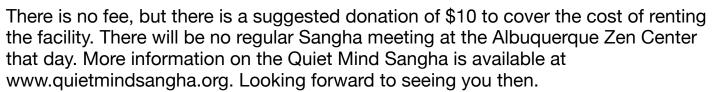
Readings

Gatha writing

Second walking meditation (short and long)

Singing

3:00 Closing



With metta,



