

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 October 18, 2026

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 have a vegetarian potluck lunch, so please bring a dish to share. Also please bring a hat, sunscreen, jacket, water, cup, cushion, and a 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
Guided sitting meditation
Walking meditation (short and long)
Dharma talk by Viviane
Mindful eating meditation
Lunch
Deep relaxation meditation
Readings and possibly some questions
Writing a mission statement and suggestions for Sangha
Second walking meditation (short and long)
Singing
3:00 Closing with flower watering



A Dana basket will be available to provide support for our teacher Viviane and in gratitude for the Dharma. There will be no regular Sangha meeting at the Albuquerque Zen Center that day. More information on the Quiet Mind Sangha is available at www.quietmindsangha.org. Looking forward to seeing you then.

With metta,

