

Day of Mindfulness in the MILE SQUARE PARK with the Beloved Community.

JOIN DEER PARK IN THE CITY!

SUNDAY MAY 21st



**Special
SANGHA
FAIR !**
meet local
meditation
group

9AM-5PM @ FOUNTAIN VALLEY, CA

JOIN THE ENTIRE DEER PARK MONASTIC COMMUNITY for a day of mindfulness practice: sitting, walking, breathing, eating meditation and sharing the Dharma together as a spiritual community.

We cordially invite all meditation practitioners and members from the Vietnamese and non-Vietnamese Sanghas, their family and friends in the Southern California area to participate in this special day of mindfulness practice in the heart of Orange County. There will be a panel discussion exploring how the teachings and practices of the Plum Village Tradition offered by Thay Thich Nhat Hanh have helped us identify, hold, heal, and navigate through the demands and blessings of our multicultural and multigenerational community.

A precious event for all of us to practice the art of giving in its many forms, including the offering of food, our insights, and the mindfulness practice to the monastics and multifold community. Cost for attendance will go to support the Monks' new residence.

REGISTRATION IS REQUIRED TO ATTEND THIS EVENT

www.deerparkmonastery.org/event/deer-park-visits-orange-county/



MORE INFO