

Day of Mindfulness

at Mountain Lamp Community
with Sister Khanh Nghiem and
Sister Kinh Nghiem
of Deer Park Monastery

Saturday June 2 – 10am- 4pm

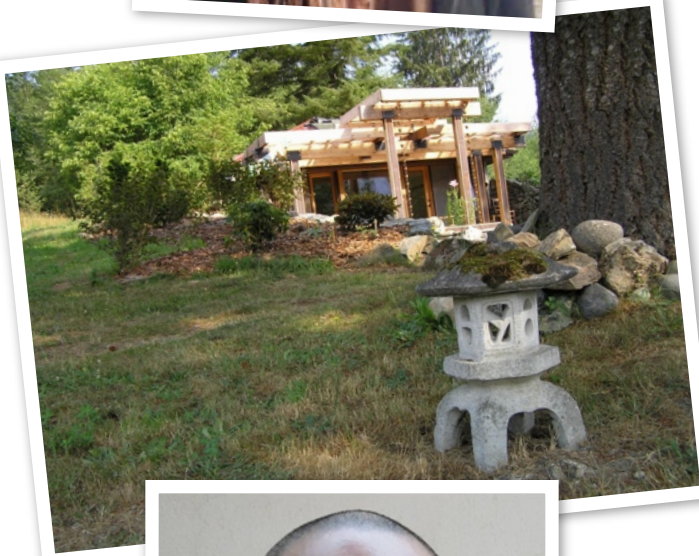
\$25 + dana

Registration Required

please bring

vegetarian dish to share

*Please offer generosity to the
nuns for their teachings*



Enjoy a day of Mindfulness practice led by our monastic friends from Deer Park Monastery. In the tradition of Thich Nhat Hanh, the Sisters will lead us in sitting meditation and daily life practices.

Vegetarian Potluck Lunch

Outdoor Walking Meditation

Dharma Talk from the Sisters

*to register and for more information,
contact Tracey: ml-info@mountainlamp.org*