

Day of Mindfulness

A Unique Retreat of Meditation, Inspiration and Transformation

open to people of all faiths, ethnicities, orientations and levels of experience



SATURDAY

September 27, 2008

9:00 am - 5:00 pm

Treat yourself and your friends to a heart-opening day of peace, joy, wisdom and community through:

- ▼ Sitting Meditation
- ▼ Walking Meditation
- ▼ Eating Meditation
- ▼ Mindful Movement
- ▼ Teachings / Q&A
- ▼ Journal-Writing
- ▼ Silence & Music
- ▼ Sharing & Discussion

Facilitated by: **Br. ChiSing**, M.Div., M.A.
*(an ordained disciple of Zen Master **Thich Nhat Hanh**)*

BEGINNER-FRIENDLY

Location:

ANIMAL ACRES

5200 Escondido Canyon Road
Acton, CA 93510
(about 45 minutes from LA)

Space is limited to the first 50 registrants
\$50 (includes catered vegan lunch)

www.AnimalAcres.org

*Please pre-register by phone or email:
661-269-5404 / info@AnimalAcres.org*



www.AwakeningHeart.org