



# *Day of Mindfulness*

**Sunday, June 22nd**

**10am – 3pm**

**Roberts Creek**

*Mindful Sitting*

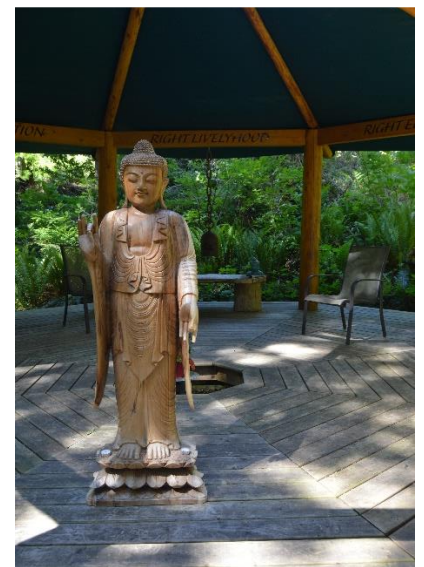
*Mindful Walking*

*Mindful Breathing*

*Mindful Movement*

*Mindful Eating*

*Deep Relaxation*



*For more information or to RSVP,  
please complete the Contact page at [sanghabythesea.org](http://sanghabythesea.org)*

*Participation is by Donation*

*In the Plum Village Tradition, founded by Zen Master Thich Nhat Hanh*