

The most precious gift we can
offer others is our presence.
When mindfulness embraces those we love,
they will bloom like flowers.
—Thich Nhat Hanh



Open Heart Mindfulness Community

Mindfulness Day

held in the tradition of Thich Nhat Hanh

Saturday, April 30th from 10:00 AM - 4:00 PM

Hosted by Open Heart Mindfulness Community

at the Mauthe Center, UWGB Campus

2418 Leon Bond Dr, Green Bay, WI

Please join us for a day of mindfulness that includes:

- Sitting Meditation
- Indoor and Outdoor Walking Meditation
- Relaxation
- Mindful eating, smiling, and breathing together
- **Dharma Talk “Pancakes and the Seven Factors of Awakening” by Paul Norton**, founder of the Milwaukee Mindfulness Community and member of Thich Nhat Hanh’s Order of Interbeing
- Guided Meditation

We will have time set aside for discussion but will observe noble silence throughout most of the day in order to facilitate deep listening with all of our senses and benefit from the energy of the Sangha.

Lunch will be vegetarian potluck. Please bring a dish if you are able. Those of us with dietary restrictions will greatly appreciate a note with ingredients listed.

Beginners are welcome to join us, and everyone is welcome to attend either the full day or a partial day as your schedule allows.

Please RSVP to OpenHeartMC@gmail.com or 920-819-0505. No fee is charged for the day, but please consider giving a donation to support the teaching. Chairs are available, along with a limited number of cushions. You may wish to bring your own cushion for meditation, and a blanket for relaxation.