

# Open Heart

Mindfulness

Community



*Open Heart Mindfulness Community is part of the global Plum Village community established by Thich Nhat Hanh, a Zen Buddhist monk, poet, and peace activist.*

## Introduction to Mindfulness Practices

Wednesday, January 28th 5:30 - 6:30 PM

The Mauthe Center  
2814 Leon Bond Dr. Green Bay

An introductory session on mindfulness practices (sitting meditation, walking meditation, deep listening, loving speech) shared by ordained members of the Order of Interbeing established by Thich Nhat Hanh. Experience the collective energy of mindfulness meditation in a welcoming and inclusive space.

Everyone is welcome, from beginners to experienced practitioners.

To register or to be notified about future practice opportunities, please contact [OpenHeartMC@gmail.com](mailto:OpenHeartMC@gmail.com) or call Jody Figgins at 920-819-0505

*OpenHeartMindfulnessCommunity.org*