

The Miracle of Mindfulness

A Weekend Retreat

with Dharma Teacher
Chan Huy

April 20-22, 2012
McKinney Roughs
Nature Park
(30 min east of Austin)

Weekend activities include sitting, walking and eating meditation, deep relaxation & discussion circles.

Register online at www.plumblossomsangha.org

hosted by plum blossom sangha
a community in the tradition of Thich Nhat Hanh
Meets Weekly on Sunday Evenings
5-7pm at East Side Yoga (11th and Waller)
for Mindfulness Practice and Discussion

