



# Interbeing

sangha of kingston

## day of mindfulness

Sunday, August 27th, 2017, 10:00 am—3:30 pm

Join us for an outdoor meditation retreat in the tradition of Thich Nhat Hanh, hosted on a beautiful woodland Kingston farm.

- Sitting Meditation
- Walking Meditation
- Mindful Movement (Qi Gong)
- Songs of Practice
- Lovingkindness Meditation
- Dharma sharing

Participants are asked to bring a vegan dish to share for pot luck lunch. Car pool being organized from Unitarian Place at 206 Concession Street (farm location details with registration). Free event, \$15 donation suggested.

**FOR MORE DETAILS & TO REGISTER:**  
[interbeingkingston.org/retreat](http://interbeingkingston.org/retreat)