



Interbeing

sangha of kingston

together with Kingston Sangha presents a

summer day of mindfulness

Saturday, August 25th, 2018

Join us for an outdoor retreat in the zen tradition of Thich Nhat Hanh on a beautiful woodland historic farm, led by **Sarah Martin & Hang Nhan** of Kingston Sangha.

Day of Mindfulness 10:00 am—3:00 pm

Including meditation, dharma sharing, mindful movement and deep relaxation

Forest Therapy Walk 3:15 pm—5:00 pm

(optional) led by **Stana Luxford-Oddie**

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, \$20 donation suggested.

FOR MORE DETAILS & TO REGISTER:

interbeingkingston.org/retreat-august-25-2018/