



Five Stones Sangha  
Monthly Mindfulness Meditation Day  
**Saturday, March 3, 2012 from 10:00AM until 2:00PM**

**“A day of mindfulness can be the lever that will lift us to the habit of practicing mindfulness every hour and every moment. Everyone has the right to such a day, for without it we will lose ourselves quickly in a life full of worry and action, and our responses will become increasingly useless.”**

Thich Nhat Hanh (Thay)

Please join us if you can. We practice in the tradition of Thich Nhat Hanh. Guests and Visitors are welcome, RSVP.

865 NW Raintree Drive, Corvallis 97330 (CVHS-Lewisburg area) see Google map link below:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&oe=UTF8&msa=0&msid=216457439191393482979.0004b8524393795c6b11d>

When we can allow ourselves to water our positive seeds of joy, equanimity, love, and happiness in a quiet, peaceful environment. This activity is the closing of our Winter Retreat, as we have practiced along with the larger community at Plum Village, France. <http://pvom.org/> .

Our schedule:

- 10:00 AM—arrive and check in. Welcome, Introductions, preview of morning schedule.
  - Guided Meditation
  - Walking Meditation
  - Sitting Meditation
- 11:30 AM—10 Minute silent break for tea and bathroom. Tea is available here in the kitchen, please help yourself anytime.
- 11:50-- Songs/Chants of the practice
- 12:00—Lunch: Please bring a small, healthy food item to share. First 5 minutes in silence, the bell will invite gentle conversation.
- 12:30-- The Four Earth Touchings and Deep Relaxation, led by Thich Nhat Hahn  
Bring an extra blanket please
- 1:45---Closure and Cleanup

**Reminder: Please bring a cushion and pad to sit on, or use a chair (provided)  
And a small, healthy food item to share for lunch.**

**You are welcome to come for all day (10:00 until 2:00) or any part or it.**

**RSVP Reply to this email or call Ken at 541-760-9760**