

DAY OF MINDFULNESS

with Viveka



Sunday April 6 / 10am-4pm @ BODHI HOUSE, Moncton NB

DESCRIPTION

Join us for a *Day of Mindfulness* at Bodhi House on April 6th. We will practice sitting, walking, eating and communicating mindfully together. A day of mindfulness is a great opportunity to discover meditation, to deepen one's practice and to see how to integrate it in daily life. Last but not least, it is a joyous occasion to connect with mindful friends.

SCHEDULE:

- 10-12am morning session
- 12:00 mindful potluck (see details below)
- 1-4pm afternoon session

MAX PARTICIPANTS: 10

COST: Donation based

There is a donation box on site for in-person offerings.

For e-transfers go to our homepage, scroll down and click on the ***how to donate*** button:

maisonbodhi.org

POTLUCK: Bring a little something to eat / vegetarian or vegan is welcomed / one participant is lactose and gluten intolerant (non-dairy / non-wheat) / dishes, utensils and cups provided / oven and microwave are available

ADDRESS:

BODHI HOUSE

54 Garfield Street (near the Moncton Hospital)

Moncton, NB

E1C 3Y9

PARKING: Available on the street (read signs mindfully)

FOR MORE INFORMATION:

contact@maisonbodhi.org
