

A Grain of Sand Sangha

Joyfully practicing and sharing Mindfulness

Following the guide of Zen Master Thich Nhat Hanh



Every first and third Tuesday of the month we will get together at:

ST. BEDE EPISCOPAL CHURCH, UNIVERSITY OF MIAMI CAMPUS

1150 STANFORD DRIVE

CORAL GABLES, MIAMI, FLORIDA 33146

Our practice is from 7 pm to 9 pm

7:00 Opening Verse

Sitting Guided Meditation

Walking Meditation

Reading or Watching a Dharma Talk Video

8:00 Short Silent Meditation

Tea & Dharma Sharing

8:55 Loving Kindness Meditation & Closing Verse

THIS PRACTICE IS OPEN TO THE PUBLIC AND FREE OF CHARGE, HOWEVER DONATIONS ARE WELCOME

For more information please e-mail

rosaria8000@gmail.com & bodhijen@gmail.com

If you would like to know more about Thich Nhat Hanh's practice; please visit www.plumvillage.org