

# Brisbane Mindfulness Practicing Group

*Based on the teachings of Buddhist Zen Master Thích Nhất Hanh*

## Program May - July 2018

Venue: *Merthyr Road Uniting Church, Warner Hall, 52 Merthyr Rd New Farm 4005.*  
 \*\*Venue for third Thursday of the month will be advised by email.

Time: Thursday 6:45 - 8:30 pm.

Mindful movement s begin at 6:45 p.m. followed by sitting meditation at 7:00 p.m.

PLEASE NOTE: All activities in the program are subject to change without notice.

<p>3rd May 2018 Don</p> <p>5 Mindfulness Trainings Recitation Touching the Earth Dharma sharing</p> <p>Mindful Movements Walking Meditation Sitting Meditation</p> <p>Incense Offering</p> <p>Sharing from the Heart</p>	<p>10<sup>th</sup> May 2018 Anne</p> <p>***Noble Silence Night***</p> <p>Deep Relaxation</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p>	<p>17<sup>th</sup> May 2018 Anh</p> <p><u>Venue to be advised</u></p> <p>Dharma Talk (CD, DVD, or book reading from <i>Thich Nhat Hanh</i> or Plum Village Dharma Teacher)</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p> <p><i>Dharma Sharing (if time permits)</i></p>	<p>24<sup>th</sup> May 2018 Peter</p> <p>Touching the Earth Dharma sharing</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p>	<p>31 May Don</p> <p>Movie Night and Social</p> <p>Bring a Plate of Food to Share</p>
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<p>7th June 2018 Andrew</p> <p>5 Mindfulness Trainings Recitation Touching the Earth Dharma sharing</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p> <p>Incense Offering</p> <p>Sharing from the Heart</p>	<p>14th June 2018 Anne</p> <p>***Noble Silence Night***</p> <p>Deep Relaxation</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p>	<p>21st<sup>h</sup> June 2018 Anh <u>Venue to be advised</u></p> <p>Dharma Talk (CD, DVD, or book reading from Thich Nhat Hanh or Plum Village Dharma Teacher)</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p> <p><i>Dharma Sharing (if time permits)</i></p>	<p>28th June 2018 Peter</p> <p>Touching the Earth Dharma sharing</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p>	
<p>5th July 2018 Andrew</p> <p>5 Mindfulness Trainings Recitation</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p> <p>Incense Offering</p> <p>Sharing from the Heart</p>	<p>12th July 2018 Don</p> <p>***Noble Silence Night***</p> <p>Deep Relaxation</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p>	<p>19th<sup>h</sup> July 2018 Anh <u>Venue to be advised</u></p> <p>Dharma Talk (CD, DVD, or book reading from Thich Nhat Hanh or Plum Village Dharma Teacher)</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p> <p><i>Dharma Sharing (if time permits)</i></p>	<p>26th July 2018 Vinh</p> <p>Touching the Earth Dharma sharing</p> <p>Mindful Movements Walking Meditation Chanting Sitting Meditation</p>	

**Contact:**

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For more information please contact: Andrew 0430 214 696 or Peter 0423 664 337

For further information on the practices of Thich Nhat Hanh and Plum Village, please visit [www.plumvillage.org](http://www.plumvillage.org)