Sign up for free mindfulness workshops led by Buddhist monastics at East Coast universities & p
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free events for young people to
discover mindfulness & meditation

with monastic students of
Zen Master Thich Nhat Hanh

About a dozen young monks and nuns will be travelling along the East Coast from Oct 20- Nov 9 offeri

They will teach, from their own experience, the art of cultivating mindfulness in everyday life. Come an

This is a unique opportunity for 17-35 year olds to
-Learn reliable ways to calm body and mind, handle strong emotions and generate well-being
-Interact with Buddhist monastics dedicated to meditation and social transformation
-Discover ways to Wake Up to your life, so you can live it deeply and meaningfully

Come sit with us, eat with us, walk with us, and be with us....

Sitting is Peace

Two open **flashmob meditations** in Boston and New York.

Come and join us for 30 minutes of silent sitting, enjoying our peace and togetherness in public spaces.

There is no sitting for peace, sitting is peace

Copley Sq, Boston

10/21 @ 5.30pm

Union Sq, NYC

11/6 @ 4pm

Joe Reilly & friends Concert Gershwin Hotel , NYC

7.30pm on Nov 6

Join us for a celebration of mindfulness & music, with original songs inspired by the practice and teachi

here More info here

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Sign up...

All events are free, and open to anyone aged 17-35

Non-students welcome!

Please sign up now to reserve your place....

MIT, MA 10/21
Harvard, MA 10/22
Dartmouth, NH 10/23
Georgetown, DC 10/29
UPenn, PA 10/30
Brown, RI 11/1
Yale, CT 11/5
NYC 11/6
Iona College, NY 11/7
Lehman College, NY 11/8
Columbia, NY 11/9

There will also be special sessions with

the **School of Ethics and Global Leadership** in Washington DC,
Penn Cancer Center (for young people living with illness),
the Lineage Project in New York (offering awareness practices to incarcerated you
and maybe **Youth Build** (community development program) in Boston

Zen Master Thich Nhat Hanh is one of the most renowned Buddhist teachers in the world, and a prolific mea
in practice centers all over the world. To find out more
Miracle of Mindfulness
Peace is Every Breath

Wondering what mindfulness is?

Mindfulness practices have been shown scientifically to have some for yourself. But don't take our word for it, have some for yourself. effects - from reducing

Want to know how you can support the Tour?

We need your support and backing for this tour - to help cover a few simple expenses and enabl

Your donation will be a concrete step to reducing stress, fear and violence in Americ

Brothers and sisters,
the beautiful Earth is us.
Breathing together in the same rhythm
we restore our calm, our peace.
Let us accept ourselves
so we may accept one another.
Let us share the vision and make it possible
for Great Love to arise.

-Thich Nhat Hanh