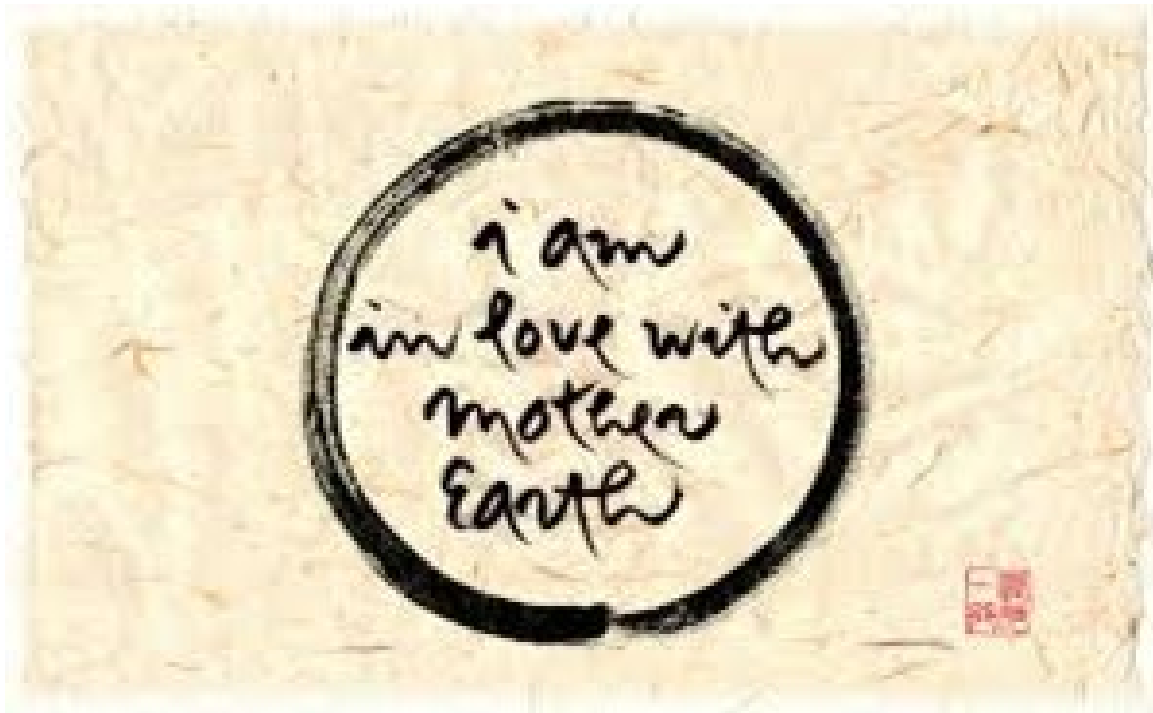


Narrow Ridge Center presents:



A Day of Mindfulness

In the tradition of Zen Master Thich Nhat Hanh

Saturday, April 25, 10:00-4:00

At Narrow Ridge Earth Literacy Center's

Natural Burial Preserve Pavilion

1936 Liberty Hill Rd., Washburn, TN 37888

The day will include seated and walking meditation, total relaxation, Dharma sharing, eating meditation, songs and teachings by members of Thich Nhat Hanh's Order of Interbeing and members of Narrow Ridge community and Mountain Solid Water Reflecting Sangha in Knoxville, Tennessee. Please bring a brown-bag lunch and cloth napkin, a cushion (there are chairs onsite) and a blanket for total relaxation. We will meet, rain or shine. Suggested \$35 donation, to benefit Narrow Ridge. Optional tours of Narrow Ridge and information about the natural burial preserve at end of day.



Proposed Schedule for Spring, 2020, led by the Farmhouse Sangha at Narrow Ridge
and the Water Reflecting Mountain Solid Sangha in Knoxville

9:30 Arrivals

10:00 AM Orientation to day of mindfulness

Introduction to Narrow Ridge, Bill Nickle and Mitzi Wood-Von Mizener

10:30 Silent seated meditation

11:00 Break

11:15 Earth Holders Touching the Earth

12:00 Silent lunch

1:00 Cleanup and personal time

1:30 Total relaxation, lullabies

2:15 Walking meditation

3:00 Dharma talk

3:20 Circle and Dharma sharing

4:00 Closing

followed by optional tours of Narrow Ridge & info about burial preserve

For more information:

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