



# A DAY OF MINDFULNESS

in the tradition of  
Zen Master Thich Nhat Hanh  
and the Plum Village Community

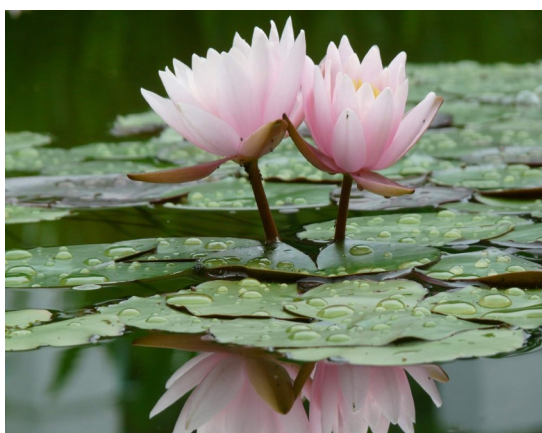
## EXETER

Saturday 1st April  
9.30 am - 4.30 pm

Quaker Meeting House  
Wynards Lane, Exeter  
EX2 4HU

All welcome

Chairs provided, please  
bring your own cushion,  
mat etc and contribution  
for a shared lunch.



Contact Teri  
07714 489687

The day will include:  
Sitting and walking meditation  
Dharma talk, deep relaxation,  
mindful eating, sharing circle  
and tea drinking

**Donations invited to cover  
costs**

