

DESERT CACTUS SANGHA

Join us in the Practice of Mindfulness

In the spirit of Thich Nhat Hanh, Vietnamese Buddhist monk, social activist, author, poet and Nobel Peace Prize nominee, we mindfully gather. Nhat Hahn lives at Plum Village, a small community in France, where he writes, teaches, gardens and helps refugees worldwide.



9 a.m. - noon – first Sunday of each month

**For direction to meditation and
Desert Cactus Sangha information,
call Marcie at 602-952-0915.**

Gatherings include sitting and walking meditation, readings and discussion of various Buddhist teachers. Beginning and seasoned meditators welcome. (Suggest first-time attendees call to confirm date and location.)

Bring: cushion or zafu for sitting meditation (chairs available). Wear seasonal clothes appropriate for outdoor walking meditation.

2009 schedule - ** dates subject to change

Jan.	11	July	12
Feb.	1	Aug	2
March	1	Sept	13
April	5	Oct.	4
May	3	Nov.	1
June	7	Dec.	6



Phoenix Buddhist Network – www.phoenixbuddhists.org
for list of other Valley Buddhist groups.