

# Day of Mindfulness in the Buddhist tradition

Led by monastic brothers from Plum Village and Blue Cliff Monasteries  
(ordained by Zen Master Thich Nhat Hanh)

Lehigh University, Sunday, 4/22, 9:30am–3pm; Lamberton Hall (directions below)

## The Day of Mindfulness will include:

- Guided sitting meditation
- Dharma Talk (lecture about Buddhist teachings & their relation to our lives)
- Walking meditation
- Lunch (please provide your own vegetarian lunch)
- Total Relaxation
- Q & A with the Dharma Teachers (aka the Buddhist monastics)
- Please arrive by 9:00-9:15 to allow time to settle in before start time.



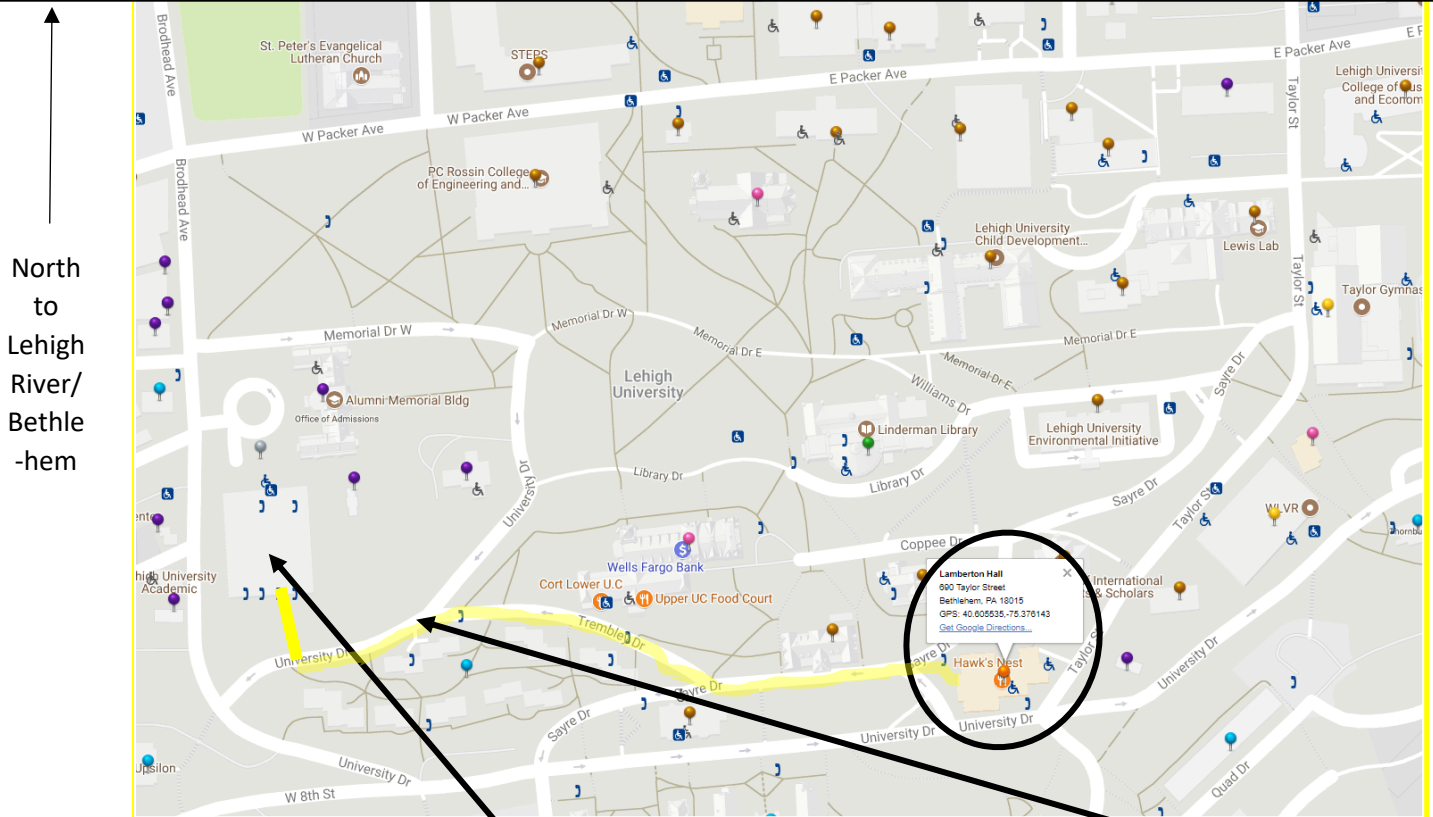
Lamberton Hall

We welcome both seasoned practitioners of mindfulness and curious newcomers. If you have little knowledge of the Plum Village tradition, we invite you to read these materials prior to the DoM: [Mindfulness Practice in the Plum Village tradition](#) and [Meditation, by Thich Nhat Hanh](#)

There is no set fee to attend. We invite attendees to consider a minimum donation of \$10, more if able. If you are unable to make the suggested donation, that is OK. All are welcomed, regardless!

To help us with planning, please register here: [Day of Mindfulness registration](#)

For any questions regarding the day of mindfulness, accessibility issues, or anything at all please email. We are here to help: [emmaussangha@gmail.com](mailto:emmaussangha@gmail.com)



**Parking:** An easy solution is to park at the garage indicated by the arrow and then walk along the highlighted roads to Lamberton Hall (allow 10-15 minutes for walk). Alternatively, there are parking spaces lining many streets on (and around) campus. Many are available to the public and/or free of charge on Sundays. Read signs carefully to be sure!

**Alumni Building Parking Pavilion:** 27 Memorial Drive West, Bethlehem; **Lamberton Hall:** 690 Taylor Street, Bethlehem