

Watering Seeds of Gratitude

*A Day of Mindfulness in the Tradition of Zen Master Thich Nhat Hanh
Practices to Cultivate Peace and Compassion for Individuals, Families, Communities and the Planet*

Saturday, January 21, 2012

9 am - 4 pm

Unity Temple on the Plaza, Classroom C

707 W 47th St, KCMO 64112

\$90 - \$35 Sliding Scale

Register at mindfulnesskc.org. info@mindfulnesskc.org or 816-333-3043 for information.

Bring a sack lunch, blanket and a cushion, if you have one. Chairs provided.
Hot tea provided. Lunch also available from Eden Alley and nearby restaurants.

"To get out of your anger, you can close your eyes and visualize the other person in 300 years. What will they become? Ash. And you too. It may take only 3-5 seconds for you to touch impermanence. That way you can see that it is not wise to let anger overwhelm you like that."

Hosted by the Heartland Community of Mindful Living
MindfulnessKC.org