

A Day of Mindfulness

The Open Heart Zen Sangha

www.openheartzen.org



When: Saturday, September 24, 2011 from 9am – 3pm

Where: The Brunner Chapel (Second Floor)
First Unitarian Church of Wilmington, Delaware
730 Halstead Road
Sharpley
Wilmington, DE 19803

Celebrate the changing seasons with a wonderful day of mindfulness meditation practices. A delicious vegetarian pot-luck lunch will be served. All are welcome regardless of experience.

The cost of the retreat is \$25 (all proceeds will go to the First UU church). If you plan to attend, please contact: Ben Fleury-Steiner by cell phone 302-379-6918 or email openheartzen@gmail.com