



# MINDFULNESS PRACTICE & MEDITATION

April 5, 6 2013

St. Stephen's Church  
885 22nd Street  
West Vancouver

**Public Talk**

## **QUIETING THE MIND**

**Friday, April 5, 7 - 9 PM \$10**

## **DAY OF MINDFULNESS**

**Saturday, April 6 10 AM - 4:30 PM**

**“THE ART OF MINDFUL LIVING”** talk by Eileen Kiera, a  
Dharma teacher in the lineage of Thich Nhat Hanh  
Walking & sitting meditation, mindful eating, simple lunch provided

Cost: \$40-\$60 sliding scale

\$35 for early registration by March 20

**To Register call: 604-980-4310 or**

**Online: [www.northshoremindfulness.wordpress.com](http://www.northshoremindfulness.wordpress.com)**

Sponsored by the North Shore Mindfulness Practice Community  
& the Thich Nhat Hanh Foundation