

Peaceful Songbird Sangha
invites you to a half day of mindfulness on zoom:

***Building Reserves to Face
the Harsher Realities of Life***

Saturday June 26, 2021 9 am-12 pm
Join us for all or part of the time



Guided meditation, Dharma Talk & Discussion

led by **Avi Magidoff**, student of Thich Nhat Hanh, ordained into the Tiep Hien in 1996 by Joan Halifax, acupuncture teacher and mind/body healer in Portsmouth NH

Mindful movement and deep relaxation led by

joan schwartz, member of the Order of Interbeing, dancer, and yoga practitioner

Song by Joy Chesna

The zoom link will be sent to everyone on the BOPS mailing list a few days before the event. If you are not on the BOPS list, please contact Linda at lindacorinne@hotmail.com to request the link.

Avi has requested that any dana offered be given to a local social justice organization.