

Dear Friends,

We hope you are well and easing into this new season of shorter days and longer nights. We are writing to invite you to join the **International Walking Meditation**, an annual global initiative in the Plum Village tradition. This year's theme is *The Power of Small Acts*.

Please join us on:

SATURDAY, NOVEMBER 29 at 10:45 AM

We will meet at the Boston Common by "The Embrace," the sculpture honoring Martin Luther King, Jr. and Coretta Scott King.

Walking begins at 11:00 AM.

We will silently and joyfully walk from the Boston Common to a location inside the Public Gardens where Thich Nhat Hanh sat during his visit to Boston in September of 2013. (This is located near the corner of Boylston Street and Arlington Street)

The walk is easy and should take between 20-25 minutes, and it will be followed by reflection and sharing.

Closing: 12:00 PM

Walk is on, RAIN OR SHINE

Kindly share this notice with your sangha—and we'd love to walk with your family and friends, too!

With love and joy,

Piero Falci, Linda Corinne, Janey Gilman
Walk Coordinators

Wishing you many mindful moments, today and every day.

