

La maison de Pleine Conscience

invites you to a

Mindfulness Day

with

Chân Huy

dharmacharya invested by

Thich Nhat Hanh

Time

*I have no time! I have no more time!
I need more time! I have no time to lose!
Don't waste your time!*

Ô time, please slow down...

Time... a veritable race against the clock. But towards what are we racing exactly? For Thich Nhat Hanh, the true practice is to be present, not to miss our rendez-vous with life, which is already there waiting for us. Life continues on, with us or without us. We want to cry out, "Wait for me! I'll be there in ten minutes!" How can we really be present in the midst of all our business?

*The day is over. Our life flies by.
Let us look deeply.
What have we really been doing all day?*

Sunday, October 28th, 2007

9:30 to 5:00 pm

5867 Saint-Hubert, Montreal (metro Rosemont)

Cost: 40 \$

(Please bring your own lunch and your cup)

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