



In support of World Peace Day, all are invited to come & enjoy:

A Walking Meditation with Peaceful City Sangha

Wednesday, September 19th, 2012, 5:45-6:45 pm

*The mind can go in a thousand directions.
But on this beautiful path, I walk in peace.
With each step, a gentle wind blows.
With each step, a flower blooms.*

Walking meditation is a practice of mindfulness-- of being fully alive and present right here and now. When we walk, we let go of all our thinking, worries and anxieties. We just enjoy walking. And the wonders of life reveal themselves: singing leaves, playing children, our own steps and breath. With every step, we come home, to ourselves and to the world. With every step we practice peace.

Please gather at 5:45pm at the South West corner of Rittenhouse Square.

(one block South of Locust Street and just West of 19th Street, Philadelphia, PA, 19103)

Beginners welcome! Instructions in Walking Meditation will be provided.

Peaceful City Sangha offers the practice mindfulness and meditation in the tradition of Zen Master Thich Nhat Hanh in center city Philadelphia. All are welcome!

For more information, please visit:

<http://peacefulcity.org> or call Sara at 215.852.4375