

# JOIN Baltimore and Beyond Mindfulness Community for

## 2 Days of Mindfulness (In-Person)

**FRIDAY FEB 14 2025**

and

**SATURDAY FEB 15 2025**

*in the Plum Village tradition of Zen Master Thích Nhất Hạnh  
– led by Blue Cliff Monastery monastic Sister True Vow–*



Baltimore Beyond Mindfulness Community -BBMC- ([www.baltimoremindfulnesscommunity.space](http://www.baltimoremindfulnesscommunity.space)) is happy to announce that Sister True Vow of Blue Cliff Monastery (Pine Bush, NY) will be coming to Baltimore, MD to lead **two Days of Mindfulness on Fri. Feb 14** (for BIPOC only) **and Sat. Feb 15 2025** (for Social Justice Activists) at a location TBD in Baltimore City. (*We define 'activists' broadly as anyone who believes in/and acts for freedom for all; and ultimately freedom from birth and death.*)

We welcome attendance regardless of religious background or level of practice experience. These two Days of Mindfulness will be opportunities for us to practice together to strengthen the energies of peace and well-being in ourselves and our communities. Activities will include teachings on mindfulness, sharing circles, and Q&A; and the practices of outdoor walking meditation, Deep Relaxation, Mindful Lunch, and sitting meditation.

**[REGISTRATION IS REQUIRED BY FEB 11, 2025.](#)**

### **DETAILS**

**DATES:** FRI Feb 14, 12pm - 630p and  
SAT Feb 15, 930am - 4:00pm.

**LOCATION:** TBD

**TO REGISTER** for *either or both* Days of Mindfulness, please click **[here for the registration form](#)**, or contact BBMC at [bbmcspace@gmail.com](mailto:bbmcspace@gmail.com).

**SUGGESTED DONATION:** \$25 per person per day towards travel expenses. No one will be turned away for lack of funds.

**WHAT TO BRING:** A “Brown Bag” lunch of vegan or vegetarian food, sitting cushion, yoga mat and blanket for Deep Relaxation. Chairs will be provided if preferred.