



“LOVE ENABLES US.”

Thich Nhat Hanh



Friday Night Mindfulness Practice

We all want Peace and Love. Yet, in the time of witnessing violence around and in us, how can we cultivate True Peace and True Love? Thay has said ‘Peace in Oneself, Peace in the World.’ , ‘Love enables Us.’ Thus, In the coming 4 Friday Nights, we will be practicing together and reading Thay’s book ‘Love in Action-writings on Non-Violent Social Change’. Please be invited to join us, be inspired, be love and be peace.

Dates: 2022 May 6 (English) 2022 June 10 (English)
2022 May 20 (Cantonese) 2022 June 24 (Cantonese)

Time: 07:30 PM - 09:15 PM

Format: Zoom



Plum Village
Plum Village Hong Kong

Registration @

PVHK Website: <https://www.pvfhk.org/>

Facebook: <https://bit.ly/36DIUnV>

Zoom Link will be sent after Registration.