



"Our way of living our life and planning our future has led us into this situation. And now we need to look deeply to find a way out, not only as individuals, but as a collective, a species."

-Thich Nhat Hanh

Plum Village Friday Night Mindfulness Practice

We are facing serious crisis of ecological destruction, rising inequality, social injustice and the lasting impacts of the pandemic. To face these challenges, we need to find ways to strengthen our clarity, compassion and courage to act. Mindfulness and the insights of Zen Meditation can give us the strength and clarity we need to help create a regenerative world that all life is respected. In the coming 4 Friday Nights, we will be practicing together and reading Zen Master Thich Nhat Hanh's latest book 'Zen and The Art Of Saving The Planet'. Please be invited to join us, practice in a way that we bring healing and harmony to ourselves and our planet.

Dates: **2022 July 8 (English)** **2022 July 22 (Cantonese)**
2022 Aug 12 (English) **2022 Aug 26 (Cantonese)**

Time: 07:30 PM - 09:15 PM

Registration: <https://www.pvfhk.org/event/2022/fnp-jul-aug>

Format: Zoom



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

Facebook: <https://bit.ly/3ODbdDX>

Zoom Link will be sent after Registration.