



A Day of Mindfulness

"Resting In Awareness, Opening The Heart"

Saturday, September 30, 2017
9:30 a.m. - 3 p.m.

Honoka'a Hongwanji Social Hall

Welcome Mary Grace Orr, a widely-respected meditation teacher who was trained by Jack Kornfield. Mary Grace is a member of the Spirit Rock Meditation Center Teachers Council who lives and teaches in Volcano.

Experience guided sitting and walking meditation, a Dharma discussion with Q&A and a mindful, silent meal.

Please RSVP to honokaamindfulness@gmail.com, or call 808-775-1064.

The Day of Mindfulness is free, and donations, or Dana, as offerings of generosity and gratitude for the teachings, will be gratefully accepted. Participants bring their own lunch and a cushion.

www.peacedayparade.org

