

Touching Peace Now

A Day of Mindfulness with Kaira Jewel Lingo

Join us for a day of short periods of sitting and walking meditation, practicing joy, and sharing our stories.

Beginners welcome.

October 4, 2020 • 12:30pm – 4:00pm*

***Eastern US. Online via ZOOM**

A free program with limited space. Registration required.
Donations for the Teacher will be appreciated.

Register here: tiny.cc/touching-peace



KAIRA JEWEL LINGO teaches Buddhist meditation, mindfulness, and compassion internationally, with a focus on children, families, and young people. An ordained nun of 15 years in Thich Nhat Hanh's Order of Interbeing, she is now a lay Dharma teacher, leading retreats in the U.S., Europe, Asia, Brazil, India, and Southern Africa, and offering mindfulness programs in schools. She also leads regular retreats for people of color, activists, and artists.

Offered by River Valley Sangha (Massachusetts) and Laughing Rivers Sangha (Pittsburgh)
Mindfulness Practice Communities in the tradition of Zen Master Thich Nhat Hanh
Sangha Members from All Communities and Beginners welcome.

For more information, contact Deborah Brooks – dleebrooks@gmail.com