

Mindfulness Workshop

Part of the Celebration of Buddha's 2558th Birthday
At the Ann Arbor Zen Buddhist Temple

Saturday, May 10 3:30 pm

Join Kogi Jennifer Ratliff as she leads an exploration on how to develop a mindfulness practice and work toward making it "second nature" to apply it to your work and home life.

Kogi has participated in several Mindfulness retreats with Thich Nhat Hahn, and is pursuing studies as a Dharma Guardian. She has been a member of the Ann Arbor Zen Buddhist temple for years and has developed a wonderful, active personal mindfulness practice that informs all aspects of her daily life.

A donation of \$10 is requested for participation.



Zen Buddhist Temple
1214 Packard Street
Ann Arbor MI
734-761-6520

Please consider taking part in our other Buddha's Birthday activities, which include:

May 10

6 pm Vegetarian Buffet Extraordinaire and Entertainment

The always delicious Vegetarian Entrees and Dessert Buffet (\$6/students and seniors, \$12/adults, or \$30/families)

May 11

9:30am Meditation

10 am Buddha's Birthday Religious Service

A contemplation of human life with a simultaneous Childrens' Service, including Bathing the Baby Buddha

3pm Introduction to Meditation: Talk and demonstration

All welcome. \$5 suggested donation.

7:30 pm Lotus Lantern Lighting and Chanting Service

The lighting of beautiful flower lanterns, a unique Korean tradition, ends the Buddha's Birthday observance in a serene and lovely way. The service includes readings from scriptures and the dedication of beautiful lanterns.

