

NEW YEAR'S EVE RETREAT INTO BEING

THE BUDDHIST SANGHA OF BUCKS COUNTY

65 N. MAIN STREET, YARDLEY, PA 19067

December 31, 2018, 7 PM – 12 AM

Join the Buddhist Sangha of Bucks County as we reflect and conclude 2018 and open to new beginnings as we enter 2019. Led by Jeanne & James Reis

7:00 – 7:30 pm	Welcome, settle in, quiet sitting meditation
7:30 – 8:00 pm	Walking session
8:00 – 8:40 pm	Opening session and bells meditation
8:40 – 9:00 pm	Walking session
9:00 – 9:30 pm	Quiet sitting
9:30 – 10:00 pm	Tea: share readings, poems, intentions
10:00 – 10:30 pm	Mindful movement
10:30 – 11:45 pm	Alternating quiet sitting and walking
11:45 – 12:00 pm	Closing and final chant

For more information, contact: bsbc19067@yahoo.com

In support, donations are welcome and appreciated. Thank you.

