



**"Feelings come and go like clouds in a windy sky.  
Conscious breathing is my anchor." - Thich Nhat Hanh**

21st April, 2024

Dear friends,

Ahimsa Trust invites you to an all Sangha online Evening of Mindfulness **'Meet and Greet your Breath' on Sunday, 28th April, 2024.** The session will be led by **Brother Bao Tich from Plum Village**, France and will include teachings and the practices on mindfulness.

**Time:** 18:30-20:00 hrs (IST)

**Zoom link:** <https://us02web.zoom.us/j/83485612599>

( **Meeting ID:** 834 8561 2599 **Passcode:** 037545 )

*Please join us by 18:20 hrs. and ensure that your device displays your name for us to identify you and let you in the session.*

*Kindly have a cup of tea ready in a flask for tea meditation.*

We look forward to your presence.

A lotus for you,

Ahimsa Trust.







## About Brother Bao Tich



**Br. Bao Tich or Br Satya Ratna Kuta** grew up in Calcutta. He went to the US for university and worked in the family business before becoming a monk. He was ordained as a monk in 2011 and a Dharma teacher in 2020 and lives in Plum Village, France. He has led retreats in the US, Europe, Africa and Asia and is interested in the areas of education, health, ecology and sharing the practice with young people.

## DONATION

*Ahimsa is a volunteer based non-profit organisation representing Thich Nhat Hanh and his community in India; working towards bringing peace and mindfulness to various facets of society including education, the security forces and responsible tourism. [www.ahimsatrust.org](http://www.ahimsatrust.org) Ahimsa works in social development, cultural, health and educational fields. We are setting up a Mindfulness Practice Center (Jamun Village) in Dehradun. To contribute to Ahimsa Trust please click on the link <https://ahimsatrust.org/contribute/>*

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