



*"The river must be calm in order to reflect the full moon." - Thich Nhat Hanh*

May 2025

Dear friends,

Please join us with your family and friends for an **Evening of Mindfulness** to commemorate **Buddha Purnima**, marking the Buddha's Birth, Nirvana and Maha Parinirvana.

The details are as follows:

**Date: Monday, 12<sup>th</sup> May 2025**

**Time: 5.30 pm onwards (please arrive by 5.15 pm)**

**Venue: Sanskriti Kendra, Anand gram, Aya Nagar, Mehrauli-Gurgaon Road, New Delhi**  
(Opposite Metro Pillar No. 165; Nearest Metro Station Arjangerh)

**Location:** <https://q.co/kqs/eECNthU>

We will start the evening by the Bodhi tree planted 20 years ago, on Buddha Purnima. There will be sitting and walking meditation, and sharing of teachings followed by eating meditation. As the moon rises, we shall illuminate the Banyan tree with candle light.

**Please bring some food and water so that we can share a mindful meal together.**

Practices and talks will be led by Dharmacharya Shantum and members of Ahimsa Trust, which works to spread the teachings and practices of the late Dhyana Master, Thich Nhat Hanh, in India.

We look forward to being together as a community to practice, under the light of the full moon.

A lotus for you,

Ahimsa Trust

(Representing Plum Village India Sanghas in Delhi/Noida/Gurgaon/Dehradun/Mumbai)

[www.ahimsatrust.org](http://www.ahimsatrust.org) | [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com)

*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, security forces, corporates, government institutions, the young and the elderly.*

<http://www.ahimsatrust.org> We are setting up a Mindfulness Practice Centre (Jamun Village) in Dehradun.

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