

Each Moment Only Once

The Art of Being At Home

Sunday, August 26, 2018 1:00-3:00
With Brother Phap Hai
from the Plum Village tradition of Zen Master
Thich Nhat Hanh



Where is your true home? We invite you to a class that may broaden your perspective of home as we practice mindfulness together. We invite you to an experiential practice and a practical Buddhist dharma talk as we explore ways to more fully appreciate the present moment. Brother Phap Hai has a charming blend of ancient wisdom, Dharma scholarship and a real-life approach sharing deep teachings in a warm, open and humorous manner.



Brother Phap Hai is a senior monastic disciple of Venerable Thich Nhat Hanh who was ordained in 1997 and formally authorized as a Dharma Teacher by Zen Master Thich Nhat Hanh in 2003. Originally from Australia, he is an active meditation teacher who leads retreats, days of mindfulness and talks throughout the U.S., Canada, Europe, Australia, South America and Asia.

His first book, "Nothing To It: Ten Ways to Be At Home With Yourself" will be available after the class.

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Registration Form - Each Moment Only Once - August 26, 2018

- \$5 - Vista Buddhist Temple Member x _____ (# of people) = \$ _____
- \$5 - Student x _____ (# of people) = \$ _____
- \$15 - General Public x _____ (# of people) = \$ _____

Please make check payable to Vista Buddhist Temple. Detach form and send with payment or bring to class. (Please register in advance if possible.)

Name(s): _____

Email: _____

How did you hear about this class? _____