

CHYAN APPLE TREE SANGHA

International Walking Meditation Planting Seeds of Community

Over 90 places, 20 countries

Inspired by Thich Nhat Hanh, Plum Village

Saturday 28th November

Meet 10:45am at the Sky Barn

11am	Songs and walking meditation
12pm	Guided meditation For teens and adults, with a parallel session for families
1pm	Shared lunch Please bring plant-based food to share.

Everyone is welcome. Come and walk with us.

For directions see website: www.chyan.org

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