



18TH INTERNATIONAL WALKING MEDITATION DAY

POWER OF SMALL ACTIONS

Dear brothers and sisters,

In the thousands of steps we take each day, are we really present for each step we take?

Have we ever allowed ourselves to "[Walk just to walk](#)", enjoying each step, without rushing, without needing to get anywhere?

This Saturday (November 29, 2025), [more than 100 towns and cities around the world](#) will practice walking meditation together to celebrate the 18th International Walking Meditation Day under the theme: Power of Small Actions. And in Hanoi, we, young friends from Walk With Me (Hang Bun meditation hall) - Moon Hamlet - Write in Every Breath will also be a part of that collective energy.


You can review the memorable moments of the 17th International Walking Meditation Day, 2024 here: <https://vimeo.com/1039189740>


We will meet at 7am at the Botanical Garden Park, to take gentle, peaceful steps together. No experience is needed, no special preparation is needed – just a pair of feet, a heart that wants to return to the present moment, and a desire to connect with Sanghas everywhere.

As Thay has taught: "Every step we take will increase joy and create a source of calm energy flowing throughout our body and our mind."

We will walk together, breathe together, and touch Mother Earth together.

EVENT INFORMATION

 Location: Sua Mountain Temple Area, Botanical Garden Park, No. 1 Hoang Hoa Tham, Hanoi
[Google Maps Location](#)

 Date: Saturday, November 29, 2025

Detailed schedule:

07:00 - 07:45 am: Listen to sharing and practice Walking Meditation

07:45 - 08:30 am: Drink Tea and have breakfast together

08:30 - 09:00 am: Singing Meditation, Sharing from the Heart and Deep Listening

(Early morning is the ideal time to avoid traffic jams for you and take advantage of the quiet atmosphere at the beginning of the day)

(The session will be in both English and Vietnamese)

Directions to the location

We enter the gate of Botanical Garden Park and then gather in the parking lot before walking to Sua Mountain Temple inside the Botanical Garden.

Note: If you are late, you can find and join us in silence.

Preparation:

- Please bring your own breakfast (Let's be mindful of the waste we produce)
- (Personal small mat or tarpaulin)
- (Personal hot water bottle)

Contact for Registration:

Email: hanoi@wkup.org | themoonhamlet@gmail.com

Whatsapp: +84.969607965 (Hoang Nguyen)

Thank you and see you on Saturday!