

# Meditate in Nature

Join Leslie Baron as she leads a day of mindfulness practice in Tilden Park



**Sunday, November 3<sup>rd</sup> from 9:00 am until 2:00 pm Elder picnic site near the Golf Course**

Using various methods of cultivating presence in the outdoors, we can re-connect to ourselves and to nature.

We will be doing walking and sitting and inviting all of our senses to tap into our "pre-sense" of being human on planet earth.

We will also be touching on our relationship to climate change and using mindfulness in nature as a means of support and motivation for dealing with this crisis.

Please bring:

Packed lunch

Water

Hat

Sunscreen

Something to sit on

Please dress for the outdoors and check the day's weather report.

There is limited parking at the site.

**TILDEN REGIONAL PARK**

<https://www.ebparks.org/parks/tilden/>

This Daylong is offered at no cost. Donations to Metta Dharma may be given at the event or online.

This event is limited to 20 attendees.

Please register at Brown Paper Tickets:

<https://bpt.me/4414432>

Leslie Baron has been practicing Buddhist meditation for over 20 years, following teachers in the Theravadan Vipassana tradition.



**"Meditation is a training to reconnect and make friends with our own bodies and minds, and extend that friendship as we start to see that we are not separate from what surrounds us."**