



COOLING THE FLAMES

ZEN MASTER THICH NHAT HANH IN THE UK 2012

29 MARCH: PUBLIC TALK

Southbank Centre's Royal Festival Hall, London

30 MARCH - 2 APRIL: EDUCATORS' RETREAT (non-residential)

The American School, London

31 MARCH: SIT IN PEACE

Central London

5-10 APRIL: RETREAT

Nottingham University

**BOOKINGS: WWW.MINDFULNESSRETREATS.ORG.UK
INFORMATION: 0844 745 5334**

Presented by The Community of Interbeing UK Company Number 4623280 Charity Number 1096680. Design: www.thisiscolt.com

THICH NHAT HANH, VIETNAMESE BUDDHIST MONK, TEACHER, AUTHOR, POET AND PEACE ACTIVIST RETURNS TO THE UK.

Zen master Thich Nhat Hanh teaches that we already have more than enough conditions to be happy. In this tour he shows how cooling the flames of craving, anger and fear reduce the stress, anxiety and tension of modern living.

Described by Martin Luther King as "an apostle of peace and nonviolence" and nominated by King for the Nobel Peace Prize in 1967, Thich Nhat Hanh is author of more than a hundred books, including *Peace Is Every Step*, *The Miracle of Mindfulness*, and *Calming the Fearful Mind - a Zen Response to Terrorism*.

Come and hear Thich Nhat Hanh address key issues of our times and give practical guidance on the art of mindful living.

These events are open to people of all ages and traditions.

29 MARCH: PUBLIC TALK

True Peace and Happiness in the Here and Now, 7pm (doors 6pm) Southbank Centre's Royal Festival Hall, London SE1 8XX. Exploring how present moment living can develop peace in oneself and in the world. Tickets from £10, concessions at 50% (limited availability).

30 MARCH - 2 APRIL: EDUCATORS' RETREAT

The American School, London NW8 0NP. A non-residential retreat over a long weekend. Offering a unique opportunity to explore the experience and teaching of mindfulness.

31 MARCH: SIT IN PEACE

A Sitting Meditation in Trafalgar Square, led by Thich Nhat Hanh together with the monks and nuns from Plum Village.

5-10 APRIL: RETREAT

Cultivating Happiness. 5-day residential retreat, East Midlands Conference Centre, University of Nottingham, NG7 2RJ. Offering the opportunity to practice mindful living and meditation as a means of bringing joy, peace and compassion into daily life. Includes a programme for children, teenagers and young adults. Early bird prices and concession rates available.

**BOOKINGS: WWW.MINDFULNESSRETREATS.ORG.UK
INFORMATION: 0844 745 5334**

Presented by The Community of Interbeing UK Company Number 4623280 Charity Number 1096680. Design: www.thisiscolt.com