

## **Public Lecture by the Monastics of Plum Village @ Golden West College**

### **Registration Confirmation for March 5, 2015**

Dear friend,

Thank you for your registration! This letter confirms your registration for the Public Lecture by the Monastics of Plum Village @ Golden West College.

"We recognize that life can get busy. Really busy! And stressful! And overwhelming! Finding the time to pause and reflect is difficult, especially amidst an ever-growing to-do list and inbox that keeps piling up. But somehow you found yourself here, and for that we are grateful.

You've arrived at just the right time and you're in just the right state of mind. All of the things you did prior to now are done and everything you need to do later can wait. You are here!

As for us, well, we're here as well. We're part of the Wake Up movement. We represent a world-wide network of young people practicing the living art of mindfulness.

If you know a thing or two about mindfulness, great. If you're new to the practice, even better. The most important thing to remember about mindfulness is that it is to be experienced. Words and people can describe it, but its true transformative power will be seen when you are able to practice it for yourself. That's what we're here to help you with.

Being mindful is simple, but not always easy. The practices we'll cover will equip you with your own 'mindfulness toolkit' that you can use anywhere, anytime, with anybody. Practicing mindfully breathing, sitting, walking, eating, talking and listening... all of these can open doors of happiness and peace. They provide some space between you and the stress found in the realities of everyday life. With this space comes joy, relief, and healing; you are free to just be." ([vietwakeup.org](http://vietwakeup.org))

### **HOW TO GET THERE?**

The English speaking event will take place at Room 222, Fine Arts Department (Building 8), Golden West College, Huntington Beach, CA.

Golden West College  
15744 Goldenwest Street  
Huntington Beach, CA 92647

Building 8 is located at the northeast corner of the campus near track and field. Please follow this link for a campus map: [http://www.goldenwestcollege.edu/pdf/gwc\\_campusmap.pdf](http://www.goldenwestcollege.edu/pdf/gwc_campusmap.pdf), and for map and directions to Golden West College: <http://www.goldenwestcollege.edu/directions.html>.

We look forward to having you @ Golden West College.

With gratitude,

Public Lecture Registration Team