

Viet Wake Up North American Tour 2016



“The Way Out Is In”

Welcome to **Wake Up!** We are an active global community of young adults established by **Zen Master Thich Nhat Hanh** in 2008. As a community, we come together to practice the living art of mindfulness, which helps us to live with true love, understanding, and harmony with one another. This year, our **Wake Up** movement is holding a series of mindfulness retreats led by the monks & nuns of Plum Village.

In order to take better care of the difficult situations that we have in ourselves and in the world, we need to come back to ourselves and look inward for deeper understanding and compassion. By doing so, we are building a foundation for effective and healing actions. Hence, the theme for this retreat is “**The Way Out Is In**”.

This particular retreat is part of the **Viet Wake Up North American Tour**, which focuses on Young Adults (ages 17 - 38) with Vietnamese heritage. This mindfulness retreat is a multi-day event held at Camp and includes a Public Lecture. To register/donate or for more information, please visit www.vietwakeup.org.

Wake Up 2016 Camp & Public Lecture Schedule

March 10 - March 13
Dallas-Ft. Worth, Texas

KHAI HO
htkhai@yahoo.com
(214) 682-6841

March 18 - March 20
Seattle, Washington

vietwakeupwashington@gmail.com
(206) 920-4781 or (206) 795-8741

March 24 - March 27
Homestead, Florida

DAVID TRUONG
davidtruong786@gmail.com
(786)-853-3856

TAI LE
taiphongle@gmail.com
(305) 505-9152

March 31 - April 3
Toronto, Canada

DAVID TRAN
vietwakeuptoronto@gmail.com
647-677-5960

ALBERT HUYNH
416-804-3023

April 7 - April 10
Wrightwood, California

THANG NGUYEN
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714-722-8251

MY HANH
info@bodhiyouth.org