

# **SnowFlower Sangha**

**Madison Wisconsin**

**Twice each week**

**Tuesday 7:00 - 8:30 PM**

**Friday 7:00 - 9:00 PM**

Welcome! We are very glad you are here.

SnowFlower is a community of practitioners that comes together to support each other in the practice of mindfulness in the tradition of Thich Nhat Hanh.

The format of our evenings includes an hour of sitting and walking and a half-hour (on Tuesdays) or an hour (on Fridays) of dharma discussion.

Thich Nhat Hahn has said that it is difficult if not impossible to practice well without a sangha. Teachers and teachings are important, but a community of friends who support our practice is 'the most essential ingredient'.

'The main concern is to build a happy sangha - to take care of each person, his pain, her difficulties, his aspirations, her fears, his hopes, in order to make everyone comfortable and happy.'

You are invited to share in the joy of connecting with one another through our mindfulness practice!

## **Tuesday:**

Trinity United Methodist Church  
1123 Vilas Av  
(two blocks West of Park St.)  
Wesley Room



## **Friday:**

Friends' Meetinghouse  
1704 Roberts Ct  
(near Camp Randall Stadium)

Please enter and get comfortable on your cushion or chair in a spirit of mindfulness.

When we sit, if we are on a cushion, we try to hold our spine erect and our body relaxed. If we are on a chair, we have both our feet solidly on the ground and our spine erect. There is a flyer about what to expect during our practice time available before each meeting.

We encourage you to ask questions.