

The Santa Fe Vipassana Sangha Presents
Sacred Sounds led by Mikaela Barnes
Tuesday, November 27, 2018

6:15 pm – Silent Meditation

6:45 pm – Sacred Sounds

This evening will be a mixture of sitting practice and chanting, based on the Vallecitos retreat of the same name, held every August. Come to renew, relax, recharge and awaken... in the midst of it all.

We will rest in the timeless practices of chanting and silent meditation. The chants will be sung in English to the inspiring phrases of Thich Nhat Hanh and perhaps a chant or two from the Tibetan tradition. All are invited to participate, whether or not you consider yourself to be a singer.

FRAGRANCE REQUEST: To accommodate participants with allergies, asthma or chemical sensitivities, please do not wear scented personal care products to meditation sessions or Sangha events. Your thoughtfulness will make others' lives more healthful.