

Building Beloved Community

A Day of Mindfulness

in Beautiful Morrison, Colorado

May 10th, 2025 – 9:45AM-4PM

Enter the dharma door of community experience with the Colorado / Wyoming Front Range Sanghas in the Plum Village tradition. This day of Mindfulness will include a dharma talk, guided meditation, eating meditation, deep relaxation, mindful music making, walking meditation, and community dharma circles.



Thich Nhat Hanh Dharma Teacher Viviane Ephraimson-Abt, True Mountain Of Peace, will offer the dharma talk and guided practices throughout the day.

Viviane Ephraimson-Abt., MS, M.Ed, LPC (she, her) has practiced with the Plum Village Community since 1998. In 2002 she co-founded a local and a regional OI sangha. Viviane, True Mountain of Peace (Chân An Sơn), ordained into the Order of Interbeing in 2005 and received the lamp transmission in Plum Village in 2018. As a Dharma Teacher she teaches with the Lotus Institute, The EMBRACE Sangha, and days of mindfulness and retreats with various sanghas.

Location: Compassionate Dharma Cloud Monastery

Address: 8485 S. Highway 285, Morrison, CO 80465, USA

Directions: Starting in southwest Denver at the intersection of Highways 285 and C-470, head south on Highway 285 for 8.3 miles to S. Settler's Drive. There is a fire department on the right. Turn right onto S. Settler's Drive and make an immediate left, then the first right, then left into the parking area. (Stay to the left for handicapped parking.)

Health: Masks are optional. If you are feeling sick that day, please do not attend.

Cost: \$20 / Adult - Pay with Venmo, Zelle, or Check in advance. More info in the registration. No one will be turned away due to lack of funds. Email EoCDoM2025@gmail.com to request a scholarship. Funds left after covering the expenses of the day will go to the TNH foundation to support the monastics in our community.

Children's Program will be offered for those ages 5-12.

Dana: Gratuity donation to support our dharma teacher, will be collected separately on the Day of Mindfulness. Suggested amount \$20 - cash, check or venmo. Please give what is beneficial to you.

Please Bring:

- * Vegetarian lunch and tea cup (a vegan snack and tea will be provided)
- * Mats for Total Relaxation – Cushions and chairs are provided
- * Music Instruments if you want to jam with Plum Village Music

Please Leave: - Phones, computers and anything that rings, beeps or tweets.

Click Here to register: [Registration](#)

Additional questions contact: EoCDoM2025@gmail.com