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*Dear friends in the Dhamma,*

**DAY OF MINDFULNESS**  
**BY BHANTE RAHULA**  
**ON SUNDAY, FEBRUARY 16 at**  
**An Lac Mission**  
901 S.Saticoy Avenue  
Ventura, CA 93004  
(at the corner of Darling & Saticoy)

Sunday 09:00am - 5:00pm

Meditation instructions, Guided meditation,  
Dhamma Talks & Discussions.

Lunch, Tea & Snack are provided. Residential facilities are not available. Please join us.

Suggested Donation:

\$65.00/Free (No one is turned away for their inability to donate.)

Please register sending an e-mail: <tapovanayausa@gmail.com>  
(Please write your check to TIBC with the memo: Bhante Rahula 2020.)

**[Bhante Yogavacara Rahula](#)**

Born in Southern California as Scott DuPrez in 1948. Became a Buddhist monk in 1975 at Gothama Thapovanaya, Kalupaluwawa, Sri Lanka. Lived at the Bhavana Society, West Virginia, USA from 1986 until 2010. Now the Director of the Lion of Wisdom Meditation Center near Damascus, Maryland, USA.

.(www.**bhanterahula**.blogspot.com)

ALL ARE WELCOME!

Thank you.

TAPOVANAYA INTERNATIONAL BUDDHIST CENTER &  
Ventura Buddhist Study Center @ An Lac Mission  
901 S.Saticoy Avenue, Ventura, Ca 93004.

# DAY OF MINDFULNESS

WITH VENERABLE YOGAVACARA RAHULA  
ORGANIZED BY  
TAPOVANAYA INTERNATIONAL BUDDHIST CENTER (TIBC)  
10450 DARLING ROAD VENTURA, CA 93004  
&  
VENTURA BUDDHIST STUDY CENTER- AN LAC MISSION  
901 S.SATICOY AVENUE, VENTURA, CA 93004

SUNDAY, FEBRUARY 16TH, 2020  
SCHEDULE

Suggested Donation:  
\$65.00

(NO ONE IS TURNED AWAY IN HIS/HER INABILITY TO DONATE)

CHECKS: TIBC

MEMO LINE: DAY OF MINDFULNESS

TIME	ITEM	LOCATION
08:45 am	ARRIVALS Please sign up at the information desk.	SHRINE ROOM
09:00 am	Introductory Dhamma Talk followed by few Yoga stretches. Guided Meditation in standing & sitting	
11:45 am	BUFFET LUNCH (VEGETARIAN)	DINING HALL
12:30pm	Walking Meditation	TBA
01:00 pm	Dhamma Talk: Deepening Awareness	SHRINE ROOM
02:00 pm	Guided Meditation in standing and sitting	
03:30 pm	Tea	
03:45 pm	Meditation; Q & A	
05:00 pm	MAKE OFFERINGS TO THE DHAMMA TEACHER, & VOTE OF THANKS	