



PLUM VILLAGE COMMUNITY
OF ENGAGED BUDDHISM



DARTMOUTH



Zen and the Art of Mindful Living Retreat
April 5th-6th, 2025
9:00am-5:00pm

We invite you to participate in a 2-day mindfulness retreat at Dartmouth College with ten Buddhist Dharma teachers practicing under Zen Master Thích Nhất Hạnh's Plum Village tradition of Engaged Buddhism. The monastics from Deer Park Monastery and Magnolia Grove Monastery will share practical ways to incorporate mindfulness into our daily lives to cultivate peace, happiness, non-fear, and resilience. They will teach how to nurture compassion, inclusivity, and loving kindness in yourself and the world through mindfulness practice. The guided meditation practices, presentations, and discussions are designed to offer a sanctuary for your curiosity and growth. Whether you are a long-term mindfulness practitioner wishing to deepen your understanding, or someone completely new to mindfulness practice, you are invited to join.

Location Rollins Chapel at Dartmouth College, Hanover, NH.

Registration for the 2-day retreat for the [Dartmouth students/employees](#), [non-Dartmouth students](#), [general public](#)

Helpful Links for Travel and Accommodations

[Getting to Dartmouth](#)

[Area Accommodations](#)

[Campus Parking](#) and [Town Parking](#)

[Campus Map](#)

Additional public lecture by Jon Kabat-Zinn on April 6th, 2025 from 7:30 pm - 8:30 pm at Dartmouth College. Location TBD and will be posted [here](#) closer to event.

Additional Scientific Symposium on Mindfulness and Creating a Positive Scientific Community will take place on April 7th, 2025 from 8:30 am - 4:30 pm at the Hanover Inn at Dartmouth College. Retreat attendance is required to participate in the symposium. Links here to register for **both** the retreat **and** symposium: [Dartmouth students/employees](#), [non-Dartmouth students](#), [general public](#).