

# Only the NOW

## *Breathe & Relax*

Dear friends,

I hope this letter finds you in good health and high spirits. It is with great pleasure that I extend this invitation to you for a day of retreat at Bao Chau Meditation.

This retreat promises to be a profound journey of self-discovery and inner peace. We will engage in various meditation practices, Dharma discussion, and spiritual music, guided by experienced instructors, to help us find tranquility in the midst of our busy lives. It is an opportunity to recharge your mind and spirit, fostering a sense of balance and harmony.

Your presence would mean a lot to us, and we kindly request an **RSVP by October 29, 2023**, to ensure that we can accommodate all participants comfortably.

**When: Saturday, November 4, 2023**  
9 a.m. – 3 p.m.

**Where: Bao Chau Meditation Retreat**  
1453 S Hogan Ln, Cottonwood, AZ 86326



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