



Welcome to **Wake Up!** We are an active global community of young adults established by **Zen Master Thich Nhat Hanh** in 2008. For this year's tour, our theme is "**Dare to be Authentic**".

"Dare to be Authentic" is a conscious choice to break free from the chains of artificial uniformity. Being authentic means staying true to one's values, cultivating genuine connections in a digital age, and navigating the maze of conflicting ideologies with integrity. Authenticity becomes a guiding principle, a reminder that even as technology advances, the core of our humanity — the ability to reflect, feel, create, and connect — is still of utmost importance. Authenticity is a deep source of strength and resilience. Please join us at our Viet Wake Up retreats for young adults, especially those of Vietnamese and other Asian descent. In these retreats, you will learn essential Buddhist teachings and mindfulness practices that empower you to be authentic and to develop Authentic Insight on your path of self-discovery and meaningful self-expression.



**MIAMI, FL**  
**MAY 17 - MAY 20**

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**MAY 30 - JUNE 2**

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**SEATTLE, WA**  
**JUNE 6 - JUNE 9**

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**VIET**  
Wake Up  
**2024**  
**TOUR**

