

VIET Wake Up 2025 TOUR



Welcome to **Viet Wake Up!** We are an active global community of young adults established by **Zen Master Thich Nhat Hanh** in 2008. We have organized a specialized tour where we can share our practices and experiences with you in a series of mindfulness retreats. Our theme for this year's tour is "**Mindfulness as Source of Healing**".

Mindfulness is a powerful energy for healing, offering a way to return to ourselves, mend past wounds, and tend to present challenges. Mindfulness invites us to be fully present in the moment and to cultivate awareness without judgment. By anchoring us in the here and now, mindfulness helps us reconnect with our true nature and offers a pathway to healing, both internally and in our relationships with others.

Through practices such as meditation, mindful breathing, mindful walking, noble silence, loving speech, and deep listening, we are able to create space to listen to ourselves. By observing our past experiences from a place of awareness, we can process our thoughts and emotions in a healthier way, preventing them from dictating our current behavior. This safe return to our inner world fosters a sense of agency, self-trust, and self-mastery, enabling us to regain control and heal profoundly.

SEATTLE, WA
MAY 8 - MAY 11

HINH TRẦN
206-403-3456

LỢI NGUYỄN
206-201-5859

MELISSA K.
347-871-6213

vietwakeupwashington@gmail.com

BAY AREA, CA
MAY 16 - MAY 17

KHÔE BẠCH
916-607-4066

phexbach@gmail.com

DALLAS, TX
MAY 22 - MAY 25

HÒA PHẠM
kenpham@gmail.com
469-360-0772

KHÂI HỒ
hkhai@yahoo.com
214-682-6841

MIAMI, FL
MAY 29 - JUNE 1

VÂN ANH NGUYỄN
786-483-0590 (English/Tiếng Việt)

ÁI VÂN TRƯƠNG
754-268-8325

YÊN TRƯƠNG
954-850-4243

vietwkupfl@gmail.com

