

**Reflect & Respect**

**Do pure &  
beautiful deeds**

**Listening**

**Gratitude**

**Self-Reflection**

**Say pure & beautiful  
words**

**Compassion**



# Dharma-Centered Living 101

Learn how to:

- Nurture spiritual development through character building,
- Cultivate compassionate and resilient human beings, and
- Communicate your values through the mindful use of technology.



Join us for an engaging and hands-on workshop with

**D. Trinidad Hunt**

International trainer, author, public speaker & contributor to 3 "*Chicken Soup for the Soul*" books, granddaughter of Rev. Dorothy Hunt, author of "*The Golden Chain of Love*"

A Workshop Series designed to empower parents, grandparents, & educators with tools & strategies to share life lessons and skills based on Shin Buddhist values.

**Session 3 - Saturday, November 9 -- 10:30 am-1:45 pm**  
(lunch 11:30 am - 12:15 pm)

In-Person on Maui at Wailuku Hongwanji (1828 E. Vineyard, Wailuku)

OR Via ZOOM across the state: one site per district

**Session will include: Reflect & Respect for the Lower Grades  
& Self-Reflection for the Upper Grades**

**Bring Your  
Cell Phones!**



**PLEASE REGISTER BY  
SATURDAY, OCTOBER 19**

**REGISTRATION LINK:**

**<https://forms.gle/A8Wcgg4Xcj2bmSeQ6>**

**Please contact  
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questions arise.**



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