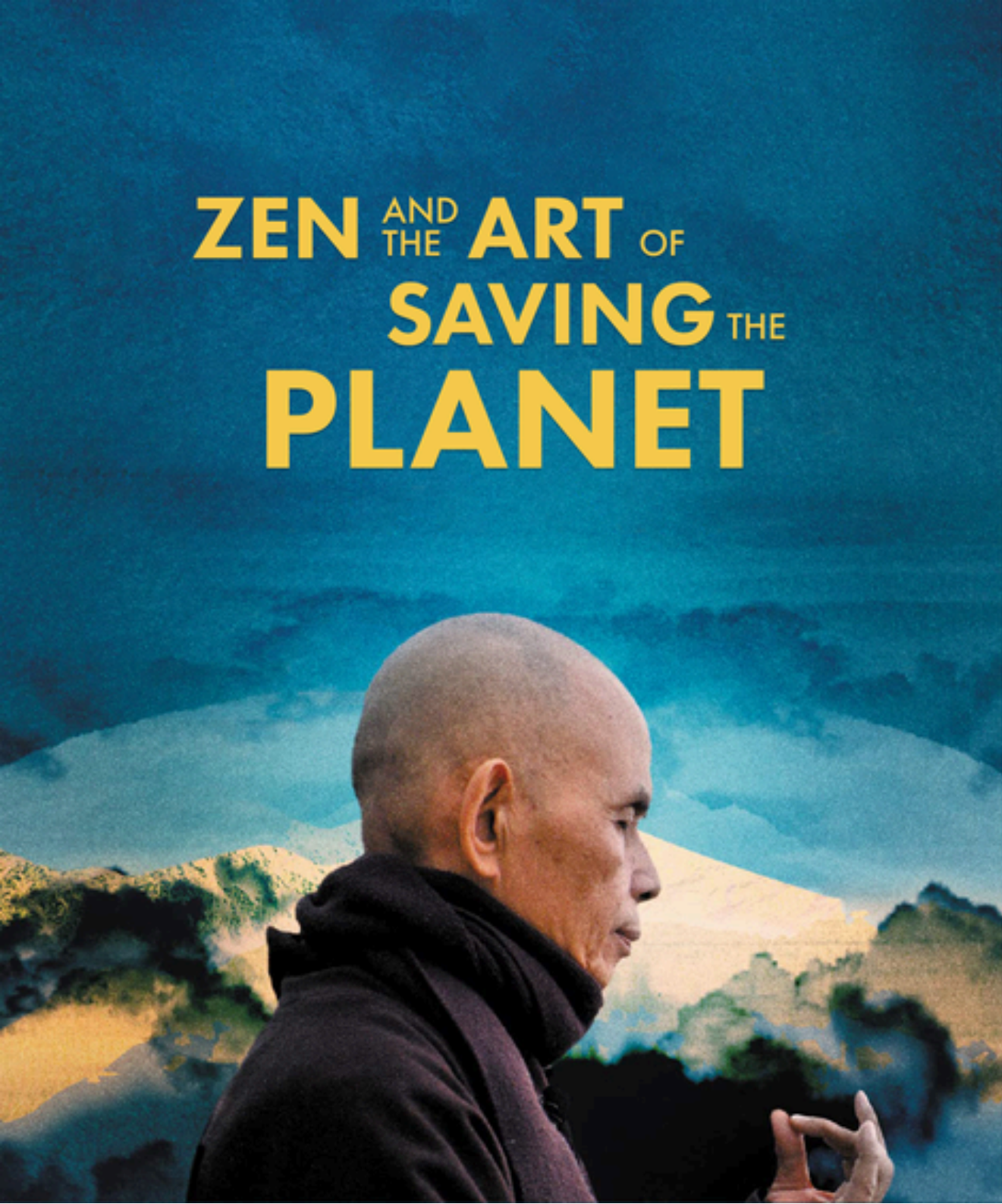


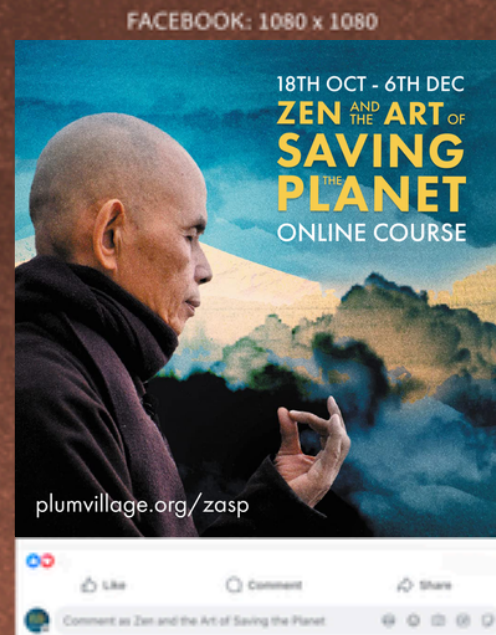
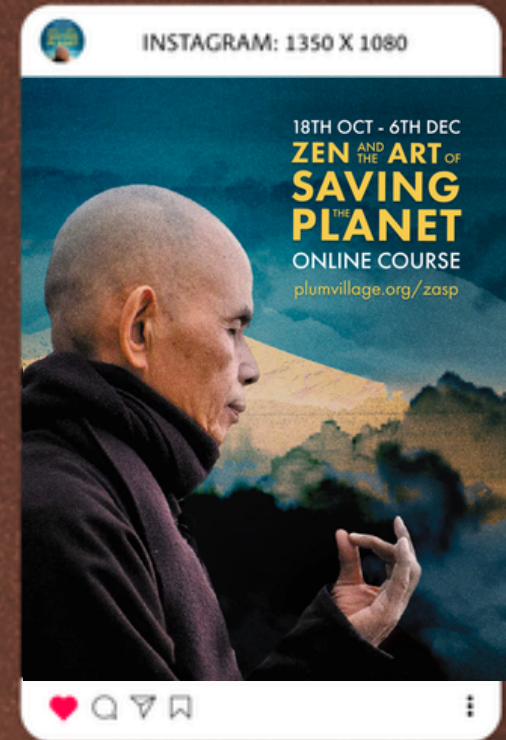
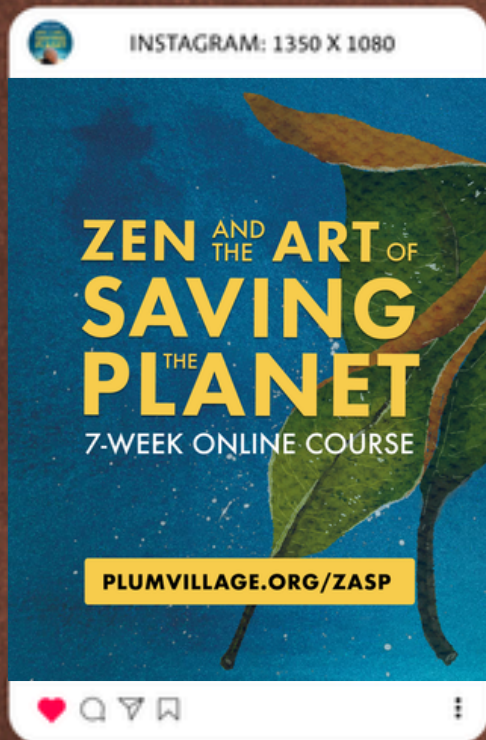


ZEN ^{AND THE} ART ^{OF} SAVING ^{THE} PLANET

Dear friend,

We invite you to join us by
sharing your experience of the
course, and inviting
your network to get involved.
Visit our website to learn more:
plumvillage.org/zasp

With gratitude,
The ZASP Team
zasp@plumvillage.org



STATIC SOCIAL MEDIA POSTS

Simply download and share to your social media platforms. Copy examples on the next slide.



Click an image to download.

<280 characters

Do you want to learn how to respond to the climate crisis with insight, compassion and community? 🙏🌟

Registration is now open for @PlumVillage course, Zen and the Art of Saving the Planet (ZASP). 🌍❤️

Find out more and join: plumvillage.org/zasp

#Zen #Mindfulness #ClimateChange

🌍 Join a global community of changemakers responding to the polycrisis with insight, compassion and community.

🌟 An experiential offering awaits...

🌈 Find out more and join @PlumVillage's online course Zen and the Art of Saving the Planet: plumvillage.org/zasp

#Mindfulness #Climate

Join @PlumVillage's online course Zen and the Art of Saving the Planet for:

- 🌸 Dharma teachings from monastic teachers
- 🌿 Sharing groups to practice deep listening
- 🍀 A global purpose-driven community
- 🦋 Daily Zen mindfulness practices

plumvillage.org/zasp

#mindfulness #activism #climate

280+ characters

🌍 Registration is open for the Zen and the Art of Saving the Planet online course via @PlumVillageFrance.

🌱 Plum Village is committed to creating inclusive, diverse, and accessible online courses, and so has a large number of reserved places and scholarships available for young people (35 and under), BIPOC (Black, Indigenous and People of Colour) and those from the Global South (Africa, Asia and Central / South America).

🌟 Find out more & register via plumvillage.org/zasp. #ZenAndThePlanet #Mindfulness #ClimateChange

Join the Earth cohort of @PlumVillage's online course, Zen and the Art of Saving the Planet – starting October 18th. (@ZenAndThePlanet)

We are the Earth and the Earth is us. Through the mindfulness practices in this course, we'll deepen our connection with the living world and discover ways to care for ourselves, each other, and the planet with greater presence and compassionate action. 🌍🙏🌟

The course includes:

- 🌍 Live events with monastic teachers
- 🌍 Curated talks from Thich Nhat Hanh
- 🌍 Teachings & practices from many Plum Village teachers
- 🌍 Interactive sharing groups and a global community

Find out more at plumvillage.org/zasp

#ZenAndThePlanet #Zen #Mindfulness #ClimateChange #Activism

Would you like to learn how to bring the energy of mindfulness into your climate activism? 🌿

Registration is now open for the Zen and the Art of Saving the Planet online course via @PlumVillageFrance. Join a global community learning how to balance inner and outer regeneration. 🌳

In times as urgent as these, the most radical form of resistance begins with slowing down; settling into the present moment; and tending to our grief. As we cultivate the energy of mindfulness, we see how to act with resilience and compassion. ❤️🙏

Find out more: plumvillage.org/zasp #ZenAndThePlanet #Zen #Mindfulness #ClimateChange



1. Copy
2. Paste
3. If needed, adjust formatting.
4. Post.

Suggested Subject Lines:

1. Calling Climate Activists: Join Plum Village's New Online Course
2. Zen and the Art of Saving the Planet: New Online Course
3. Are You Joining? Zen and the Art of Saving the Planet Online Course
4. Transform Your Climate Anxiety into Mindful Action

Suggested Email Copy:

Dear friend,

I know you have a deep sense of care for the Earth, and are looking to balance your personal wellbeing and climate action. Would you like to learn how to bring the energy of mindfulness into your climate activism? 🌍🌱

[Optional: Insert personal reflection here]

Join an upcoming online course, Zen and the Art of Saving The Planet - a 7 week online learning journey to nurture insight, compassion, community, and mindful action in service of the Earth. 🙏🌱

This online course brings to life the teachings from renowned teacher Thich Nhat Hanh and his book *Zen and the Art of Saving the Planet*, and offers live events, curated new teachings and an interactive course community. 🌸

Registrations are now open for the upcoming course cohort, which runs from 18th October - 6th December.

It would also be wonderful if you're able to share this course with others via [Instagram](#), [LinkedIn](#), and [Facebook](#).

With gratitude,
{Name}

Shareable Posts

[Instagram](#)

[LinkedIn](#)

[Facebook](#)

Further Details

- [Brief summary of key info and FAQs.](#)
- See plumvillage.org/zasp (full details)
- If you have questions, please get in touch with the ZASP team via zasp@plumvillage.org, sophie@plumvillage.org

Click to
download.



@ZenAndThePlanet

