



A FILM BY MARC J. FRANCIS & MAX PUGH

NARRATED BY **BENEDICT CUMBERBATCH**

# walk with me

A JOURNEY INTO MINDFULNESS  
FEATURING **THICH NHAT HANH**

MAY 3 | 2:00 PM - 3:30 PM



Join the Greater Richmond Trauma-Informed Community Network for a virtual screening of *Walk With Me*.

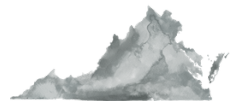


*Walk With Me* is a cinematic and immersive exploration into the world-famous monastery of Zen Buddhist master Thich Nhat Hanh. As Benedict Cumberbatch's meditative voice reads extracts from Thich Nhat Hanh's early journals, the daily routine and rituals of monks and nuns on a quest to develop a deep sense of presence, slowly unfolds across the four seasons. With unprecedented access, this visceral film is an insightful rumination on the pursuit of happiness, and what it means to devote one's life to mindfulness and living in the present moment – a welcome remedy to the stresses of a world in turmoil.

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