

Surfing the Waves of Life

Practical and Wholesome Ways of Living

with Meditation Teachers Hai Nguyen

22-23 April 2017 at Sinh Thuc Meditation Center in Wardensville, WV

A great place to learn, practice and nurture



Life is sometimes full of challenges. It seems like does not matter how hard we try, challenges continue to show up like the waves in the ocean. The reality is life difficulties such as health issues, strong emotions, financial hardship, relationship are part of life and as natural as the waves in the open ocean. We cannot stop the waves; however, we have the ability and can learn to surf the waves of life. Regardless of how challenging life difficulties may seem, all situations are workable. Once we learned the wisdom teaching and able to be open & mindful, life challenges can be opportunities to see where we are caught, so that we can be free and well.

Sinh Thuc Meditation Center locates on over 23 acres of secluded forest and peaceful mountain estate. The Center is about one hour and 45 minutes drive (approximately 98 miles) from the Northern Virginia Metropolitan areas. All buildings are beautifully constructed in log-cabin style and fully equipped with air conditioning & heating systems. Camping sites are also available in close-by wood within minutes of walking distance from the main building.

Retreat fee per person for lodging, vegetarian meals and facility is \$170 (dormitory), \$220 (double occupancy), \$270 (single occupancy), \$100 (camping). The retreat will start promptly at 10 AM on Saturday April 22 and end at 3 PM on Sunday April 23. Various sitting accommodation such as meditation cushions (zafu), backjacks, and chairs will be available. Please register early to help the staffs prepare for the retreat.



Hai Nguyen is a Buddhist Minister in the Vietnamese Zen tradition and a Mindfulness meditation teacher. He is the senior resident teacher at Sinh Thuc Meditation Center. Hai regularly led meditation retreats, well-being classes and taught at Saint Leo University in Norfolk, Northern Virginia Community College in Alexandria. With over 20 years of experience in teaching the 2,600 years old Mindfulness meditation practice, Hai is able to present the wisdom teaching in an easy to understand fashion and offering practical practices that can be integrated into today's busy life to bring about well-being. <https://www.facebook.com/Hai-Nguyen-180535832038069/>

Sinh Thuc Meditation Center

Address: 1735 Sauerkraut rd, Wardensville, WV 26851 ~ Mailing: P.O. Box 1223, Herndon, VA 20172

Telephone: (703) 787-3377 ~ Email: information@sinhthuc.org ~ Web Site: <http://www.sinhthuc.org>