

Awaken Together

10 June 2017

With great joy, we would like to invite you and your family to join us on Saturday 10th June 2017 for a Day of Learning, Practicing and Celebrating Sinh Thuc Meditation Center 12th Anniversary. For over a decade, Sinh Thuc Meditation Center regularly offers well-being programs in both English and Vietnamese languages for all ages in the beautiful forest, streams and mountainous settings of West Virginia. The Center is less than 2 hours drive from the Northern Virginia area and located on 23-acres of secluded area next to the George Washington National Forest.

On this special day, we will have the opportunity to take a break from the daily hectic schedule to truly relax in nature, nurture well-being, listen to the teaching, practice mindfulness meditation, meet like minded friends, and enjoy the wonderful festivities. The agenda of the day is as follow:

- 09:30 AM Guests arriving
- 10:00 Welcome and Introduction
Outdoor Walking Meditation
Teaching Talk with the theme “Awaken Together”
- 12:00 Vegetarian Luncheon
- 01:45 Tour of the Center ground
12th Anniversary celebration activities
- 04:00 Closing



Sinh Thuc Meditation Center

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