

The Path of Heartfulness, Cultivating both Heart and Mind

A Well-being Weekend Mindfulness Retreat at Sinh Thuc Meditation Center
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister
7-8 October 2017



T rue happiness is a state of wellbeing that comes from within. It does not depend on wealth, fame, power, sense pleasure nor the result of satisfying our desires. True happiness is the inherit peace and joy that is available regardless of life circumstances. We can be in touch with this beautiful wellbeing when both the heart and mind are cultivated and present in the here & now. This wonderful way of life is the path of Heartfulness. At this weekend retreat, we will learn and practice on how to practically cultivate the heart-mind in thinking, talking and doing. The practices are easier than we think and can be integrated into our daily life to bring about clear insight and wellbeing. The Weekend retreat will include time for self contemplation in the beautiful surrounding nature, outdoor meditation, wellness movement exercises, listening to the teaching, group discussion, and question & answer sessions. Please join us for a learning and relaxing weekend in the beautiful, colorful Autumn mountain and forest of West Virginia.

Retreat fee per person - \$170 (dormitory), \$220 (double occupancy), \$270 (single occupancy), \$120 (camping). The non-religious program is for all levels of meditation practice. Register early by email (registration@sinhthuc.org) or call the office (703-787-3377) to guarantee your place at this Autumn weekend retreat.

Hai Nguyen is a Buddhist Minister in the Vietnamese Zen tradition and a Mindfulness meditation teacher. He is a senior resident teacher at Sinh Thuc Meditation Center. Hai regularly led meditation workshops, weekend retreats and taught at Saint Leo University in Norfolk and the Northern Virginia Community College in Prince William and Fairfax. With over 20 years of experience in teaching the 2,600 years old Mindfulness meditation, Hai is able to present the wisdom teaching in an easy to understand fashion and offering non-religious practices that can be practically integrated into today's busy life to bring about wellbeing. (<http://www.facebook.com/pages/Hai-Nguyen/180535832038069>)

*Sinh Thuc Meditation Center in Wardensville, WV (86 miles from Northern Virginia)
http://www.sinhthuc.org/e_index.htm ~ (703) 787-3377 ~ registration@sinhthuc.org*