

A Day of Learning and Practicing Meditation for Well-Being

Live Well with Each Moment as It is Your Last



with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister

Saturday 26th August 2017 from 9 AM to 3 PM

Herndon Fortnightly Library - Meeting Room at 768 Center St, Herndon, VA 20170

Life is precious, beautiful and joyful. Sometimes, life is also very challenging. However, we are often just focused on the challenging aspects of life and forget many wonderful moments. The best attitude for living is neither optimistic nor pessimistic but rather the fierce spirit of openness to experience, realize, accept the nature of life as they are and live skillfully. Together, we will reflect on what are really important in life, recognize that life is only happened in the present moment, and ways to practically cultivate well-being in all life circumstances. The event will be structured with a balance of talk on the teaching, meditation practices, storytelling, and mindful exercises providing an optimal learning & practicing environment. This non-religious event is offered free of charge based on the Vietnamese Zen tradition. For those that can contribute financially, a donation of \$35 - \$50 is suggested to support these public programs. The day will be conducted in a friendly and supportive environment for all levels of practice. Please wear comfortable clothing for mindfulness meditation practice and mindful yoga exercises. Various sitting arrangements such as meditation cushions, back jacks and chairs will be available.

Hai Nguyen is a Buddhist Minister in the Vietnamese Zen tradition and a Mindfulness meditation teacher. Presently, Hai is the Guiding minister for the Sinh Thuc Congregation in Northern Virginia and the senior resident teacher at Sinh Thuc Meditation Center in Wardensville, WV. Hai regularly led non-religious wellness workshops, meditation retreats, Well-being classes and taught at Northern Virginia Community College, Maryland University, Virginia Hospital Center, and Saint Leo University in Norfolk, VA. 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.

<http://www.facebook.com/pages/Hai-Nguyen/180535832038069>



The Event is free and open to the public. Registration is required. Please register by email (registration@sinhthuc.org) or call the office (703-787-3377)

Sinh Thuc Meditation Center ~ http://www.sinhthuc.org/e_index.htm