

An Day of Learning and Practicing Meditation for Well-Being

Cultivating Compassion and Well-being for the entire year

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

Saturday February 18th, 2017 from 9 AM to 3 PM

Oakton Library - Meeting Room at 10304 Lynnhaven Place, Oakton, VA 22124



Mindful living is a well-being way of life that is engaging in the world at our full potential with understanding, compassion, and equanimity and not have to be depended on the ideal life circumstances to be well. Life is wonderful and joyful; however, life is also challenging. 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. Attending the event to set the well intention for the entire year, to reflect on what are really important in life, and to actively cultivate well-being and compassion with the practice of mindfulness. The event will be structured with a balance of talk on the teaching, meditation, storytelling, and 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 Mindfulness meditation teacher and a Buddhist Minister in the Vietnamese Zen tradition. He is a co-founder and resident teacher at Sinh Thuc Meditation Center in Wardensville, West Virginia. He regularly led Meditation retreats and Mindful living classes for over 25 years and taught at Saint Leo University in Norfolk, the Northern Virginia Community College in Woodbridge and Alexandria. With many years of experience in teaching the 2,600 years old Mindfulness meditation, Hai is able to present the wisdom teaching in easy to understand fashion with practices that can be practically applied in today's busy life ~ <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