

2018 Well-being Weekend Retreat

"Be Free and Be Well, Untangling the Web of Life"

Hai Nguyen, Mindfulness Meditation Teacher

20-21 January 2018

Sinh Thuc Meditation Center in Wardensville, WV 26851



In welcoming 2018, we are inviting you to join us at the weekend retreat with the theme "Be Free and Be Well, Untangling the Web of Life" on 20-21 January at Sinh Thuc Meditation Center in Wardensville, WV. Together, Let's set the well intentions for the entire year, Reflect on what are really important in life, Look deeply to see clearly and untangle the web of life that we have unintentionally allowed to imprison our life, and Cultivate well-being and compassion with the practice of mindfulness. The event will be led by Hai Nguyen (Mindfulness meditation teacher and Zen Buddhist minister) and structured with a balance of talk on the teaching, meditation, storytelling, and exercises providing an optimal learning & practicing environment.

Sinh Thuc Meditation Center is located on 23 acres of secluded mountain & forest and is less than 2-hour drive from the Northern Virginia area. Please register early to help the staff preparing for this wonderful event. We are looking forward to welcome 2018 with you at this beginning of the year weekend retreat. For additional information, please visit http://www.sinhthuc.org/e_index.htm or call our main office (703) 787-3377 or email to information@sinhthuc.org