

Embrace the Challenges of Life with Peace and Compassion

Practical and Wholesome Ways of Living

with Meditation Teachers Hai Nguyen

14-15 April 2018 at Sinh Thuc Meditation Center in Wardensville, WV

A great place to learn, practice and nurture



Life is sometimes full of challenges. It seems like does not matter how hard we try; challenges continue to show up like the waves in the ocean. The reality is life difficulties such as health issues, strong emotions, financial hardship, relationship difficulties, stress are part of life and as natural as the waves in the open ocean. We cannot stop the waves; however, we do have the ability to surf the waves of life. Regardless of how challenging life difficulties may seem, all situations are workable. Once we learned the wisdom teaching, we will be able to be open and embrace life's challenges with peace and compassion. And life challenges become opportunities to see where we are caught, so we can be free and well.

Sinh Thuc Meditation Center locates on over 23 acres of secluded forest and peaceful mountain estate. The Center is about one hour and 45 minutes drive (approximately 98 miles) from the Northern Virginia Metropolitan areas. All buildings are beautifully constructed in log-cabin style and fully equipped with air conditioning & heating systems.

Camping sites are also available in close-by wood within minutes of walking distance from the main building.

Retreat fee per person for lodging, vegetarian meals and facility is \$180 (dormitory), \$230 (double occupancy), \$280 (single occupancy), \$120 (camping). The retreat begins at 10 AM on Saturday April 14 and end at 3:30 PM on Sunday April 15. Various sitting accommodation such as meditation cushions (zafu), backjacks, and chairs are available. Please register early to help the staffs prepare for the retreat.



Sinh Thuc Meditation Center

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