

A Day of Mindfulness & Celebrating 13th Anniversary

Sinh Thuc Meditation Center

with the theme

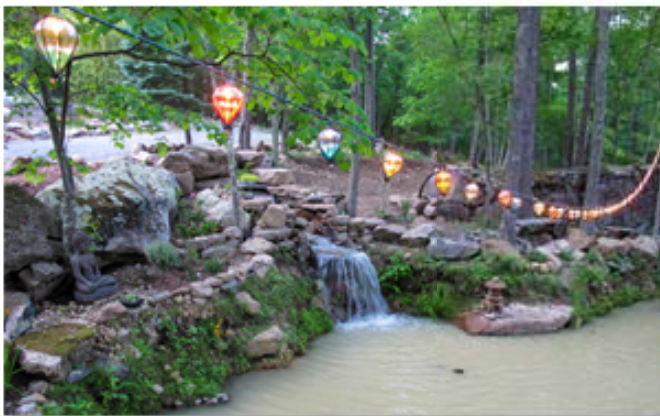
“Let’s Live Fully in Each Moment”

from 10 AM to 4 PM on Saturday June 16, 2018

For over a decade, Sinh Thuc Meditation Center regularly offers well-being programs in both English and Vietnamese languages for all ages in the beautiful and peaceful forest, streams and mountainous settings of West Virginia. This event is a great opportunity to take a break from the daily hectic schedule to truly relax in nature, nurture well-being, listen to the teaching, practice mindfulness meditation, meet like minded friends, and enjoy the wonderful festivities. The agenda of the day is as follow:



09:30 AM	Guests arriving
10:00	Welcome and Introduction Outdoor mindfulness practices
11:15	Teaching talk on <i>“Let’s Live Fully in Each Moment”</i>
12:00 PM	Vegetarian lunch
01:45	Tour of the Center ground 13 th Anniversary celebration activities
04:00 PM	End



For additional information, please contact us via email at information@sinhthuc.org or office phone at (703) 787-3377.