

Your Life is Your Path to Well-being

A Well-being Weekend Mindfulness Retreat at Sinh Thuc Meditation Center



with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister
13-14 October 2018

Life is both beautiful and challenging. During joyful time, we can easily be fully present to experience each moment of life. However, during challenging time, we are often overwhelmed by strong emotions, off balance and closed down unable to see things clearly as they are to recover. Like a fish caught in the net, the harder we tried the more we suffer. At this weekend retreat, we will learn the wisdom teaching on how to be opened to all life circumstances, so that we can truly experience and aware of what are really happening around us and in the mind in order to see clearly things as they are to not get caught in the complex web of life. The practices are actually easier than we think and can be integrated into our daily life to bring about insight and well-being. The Weekend retreat will include time for self contemplation in the beautiful surrounding nature, outdoor meditation, wellness movement exercises, listening to the teaching, group discussion, and question & answer sessions. Please join us for a learning and relaxing weekend in the beautiful, colorful Autumn mountain and forest of West Virginia.

Retreat fee per person - \$180 (dormitory), \$230 (double occupancy), \$280 (single occupancy), \$120 (camping). The non-religious program is for all levels of meditation practice. Register early by email (registration@sinhthuc.org) or call the office (703-787-3377) to guarantee your place at this Autumn weekend retreat.

Hai Nguyen is a Buddhist Minister in the Vietnamese Zen tradition and a Mindfulness meditation teacher. He is a senior resident teacher at Sinh Thuc Meditation Center. Hai regularly led meditation workshops, weekend retreats and taught at Saint Leo University in Norfolk and the Northern Virginia Community College in Prince William and Fairfax. With over 20 years of experience in teaching the 2,600 years old Mindfulness meditation, Hai is able to present the wisdom teaching in an easy to understand fashion and offering non-religious practices that can be practically integrated into today's busy life to bring about wellbeing. (<http://www.facebook.com/pages/Hai-Nguyen/180535832038069>)

*Sinh Thuc Meditation Center in Wardensville, WV (86 miles from Northern Virginia)
http://www.sinhthuc.org/e_index.htm - (703) 787-3377 - registration@sinhthuc.org*