

2019 Winter Weekend Mindfulness Retreat

Cultivate Happiness with Each Breath



26-27 January 2019

Sinh Thuc Meditation Center in Wardensville, WV 26851

Jn welcoming 2019, we are inviting you to join us at a weekend retreat with the theme ***“Cultivate Happiness with each Breath”*** on 26-27 January at Sinh Thuc Meditation Center in Wardensville, WV. Let’s come together for a weekend of living mindfully to set the wholesome tone for the entire year. Let’s come together for a weekend of learning and cultivating happiness in the here & now. Let’s come together for a weekend with like minded friends on the path of well-being. Let’s come together for a weekend of truly relaxing in nature and nurturing both body & mind. 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 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. Nutritional and tasty vegetarian meals are served each day.



Retreat fee per person for lodging, vegetarian meals and facility is \$190 (dormitory), \$240 (double occupancy), \$290 (single occupancy). The retreat begins at 10 AM on Saturday Jan 26 and ends at 3:30 PM on Sunday Jan 27. Various sitting accommodation such as meditation cushions (zafu), backjacks, and chairs are available. Please register early to help the staffs prepare for the retreat.

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