

A Mindfulness Weekend Retreat in the Beautiful Mountain & Forest of West Virginia

Well-being in the Here & Now

Practical and Wholesome Ways of Living

with Mindfulness Teacher Hai Nguyen

20-21 April 2019 at Sinh Thuc Meditation Center in Wardensville, WV

A place in nature optimal for learning, practicing and nurturing



Sinh Thuc Meditation Center is located on over 23 acres of secluded forest and peaceful mountain estate. The Center is about a one hour and 45 minutes drive from the Northern Virginia Metropolitan areas. All buildings are beautifully constructed in a log-cabin style and fully equipped with air conditioning & heating systems. Camping sites are also available in close-by wooded areas within walking distance from the main building.

Retreat fee per person for lodging, vegetarian meals and facility is \$190 (dormitory), \$240 (double occupancy), \$290 (single occupancy), and \$130 (camping). The retreat will start promptly at 10 AM on Saturday April 20 and end at 3:30 PM on Sunday April 21. Various sitting accommodation such as meditation cushions (zafu), backjacks, and chairs will be available. Please register early to help the staffs prepare for the retreat.

Sinh Thúc Meditation Center

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