

A Day of Mindfulness & Center 14th Anniversary Celebration

Sinh Thuc Meditation Center

with the theme

“Cultivating Happiness with Each Breath”

Nuôi Dưỡng Hạnh Phúc với Từng Hơi Thở

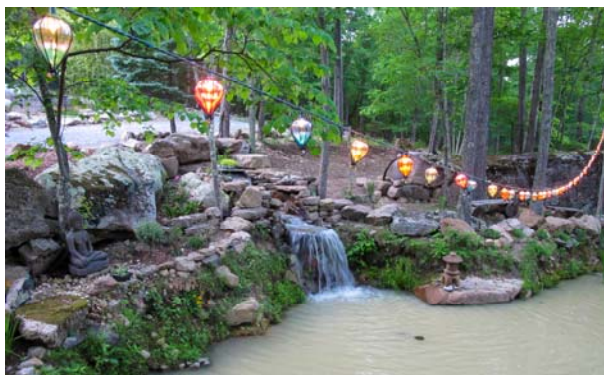
from 10 AM to 4 PM on Saturday June 15, 2019

You are invited to join us for a Day of Mindfulness and Celebrating the Center 14th Anniversary. Let's come together for a day of living well in the here & now. Let's come together for a day of learning the wisdom teaching and meditation practice to realize that well-being is easier than one may think. Let's come together to take a break from the daily hectic life and truly relax in the nature beauty of forest & mountain to nurture both body & mind. Let's come together to meet like minded friends on the path of mindful living. Let's come together to enjoy the festivities celebrating the Center 14th anniversary.

09:30 AM	Guests arriving
10:00 AM	Welcome and Introduction Outdoor mindfulness practices Teaching talk on <i>“Cultivating Happiness with Each Breath”</i>
12:00 PM	Vegetarian lunch
01:45 PM	14 th Anniversary celebration activities
04:00 PM	End

Sinh Thuc Meditation Center locates at 1735 Sauerkraut Rd, Wardensville, WV 26851 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 area.

Registration is required to help us plan and provide accommodation & vegetarian lunches for everyone (registration@sinhthuc.org or 703-787-3377).



For additional information, please visit <http://www.sinhthuc.org/>