

Winter Mindfulness Weekend Retreat  
February 15-16, 2020

*Wellbeing or Difficulty in each Moment of Life*

In welcoming the New Year, we are inviting you to join us at the first mindfulness weekend retreat with the theme “*Wellbeing or Difficulty in each Moment of Life*” on February 15-16 at Sinh Thuc Meditation Center in Wardensville, WV.

Let's come together for a weekend of

- Actively cultivating wellbeing in each moment of our life.
- Nurturing both body & mind setting the wholesome tone for the entire year.
- Integrating wellness habits into everyday life.
- Meeting like minded friends on the path of mindful living.
- Truly relaxing in the beautiful nature of mountain & forest.
- Enjoying nutritional and tasty vegetarian meals.

The event will be led by Hai Nguyen (Mindfulness meditation teacher and Zen Buddhist minister) and structured with a balance of talk on the wisdom teaching, meditation, mindful living, storytelling, and wellness 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.*

Retreat fee per person for lodging, vegetarian meals and facility is \$200 (dormitory), \$250 (double occupancy), \$300 (single occupancy). The retreat begins at 10 AM on Saturday Feb 15 and ends at 3:30 PM on Sunday Feb 16. 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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