

A Well-being Mindfulness Meditation Weekend Retreat in the Beautiful Mountain & Forest
Sinh Thuc Meditation Center in Wardensville, WV

Being Well in Challenging Time

Practical and Wholesome Ways of Living

*5-6 June 2021 Weekend Mindfulness Retreat
with Meditation Teachers Hai Nguyen*



At time, Life is full of challenges especially during the lengthy pandemic. It seems like does not matter how hard we try; challenges continue to show up like the waves in the ocean. The reality is life difficulties such as health issues, strong emotions, financial hardship, relationship difficulties, stress are part of life and as natural as the waves in the open ocean. We cannot stop the waves; however, we do have the ability to surf the waves of life. Regardless of how challenging life difficulties may be, all situations are workable. Once we learned the wisdom teaching, we will be able to be open and embrace life's challenges with peace and compassion. And life challenges would become opportunities to see where we are attached to be free and well.

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.

Camping sites are also available in close-by wood within minutes of walking distance from the main building.

Retreat fee per person for lodging, vegetarian meals and facility is \$200 (dormitory), \$250 (double occupancy), \$300 (single occupancy), \$150 (camping). The retreat begins at 10 AM on Saturday June 5 and end at 3:30 PM on Sunday June 6. Various sitting accommodation such as meditation cushions (zafu), backjacks, and chairs are available. Due to the COVID-19 pandemic, for the health being of everyone, all participants are required to be fully vaccinated.



Sinh Thuc Meditation Center

Address: 1735 Sauerkraut rd, Wardensville, WV 26851 ~ Mailing: P.O. Box 1223, Herndon, VA 20172
Telephone: (703) 787-3377 ~ Email: information@sinhthuc.org ~ Web Site: <http://www.sinhthuc.org>