



Living Well with this Wild and Precious Life

An in-person Well-being Weekend Mindfulness Retreat
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister

From 7 PM Friday 8 Oct to 3:30PM Sunday 10 Oct, 2021

In the beautiful autumn forest & mountain settings at Sinh Thuc Meditation Center, we would like to invite you to join us at the well-being weekend retreat to embrace this wild and precious life of ours. When we are able to be opened and recognize the impersonal nature of life and the manifestation of countless conditions, then we have the opportunity to understand and fully experience the wonder and preciousness of life. However, when we insist that life would need to meet our desires, plans and wishes, then things become very challenging. Life is always dynamic, unpredictable, full of wonder and insight not as limited as we may think. At this weekend retreat, we will learn the wisdom teaching on how to be opened and engaged with all life moments regardless of how difficulty they may seem, so that we can truly live and not getting stuck in our perceptions and desires. The path of well-being is actually easier than we think and can practically be integrated into our daily life to bring about clear seeing, balance and insight. The Weekend retreat will include time for self contemplation in the colorful Fall surrounding nature, outdoor meditation, wellness movement exercises, listening to the teaching, group discussion, and questions & answers session.

Retreat fee per person for lodging and vegetarian meals are \$250 (dormitory), \$300 (double occupancy), \$350 (single occupancy), \$200 (camping). The non-religious program is for all levels of practitioners. Register early by email (registration@sinhthuc.org) to reserve your place. Various sitting accommodation such as meditation cushions & mats, backjacks, and chairs are available.

Due to the COVID-19 pandemic, for the health being of everyone, all participants are required to show proof of have had fully vaccinated. Appreciate your understanding and support.

Sinh Thuc Meditation Center

Address: 1735 Sauerkraut road, 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>