

A Day of Well-being

October 9th, 2021 from 10 AM to 4 PM

with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister
at Sinh Thuc Meditation Center

In the beautiful autumn forest & mountain settings at Sinh Thuc Meditation Center in Wardensville, WV; we are inviting you to join us for a day of being present with the miracle of life. Together we will learn the Wisdom teaching and truly experience life moments as they are. We will practice to distinguish the differences between the actual reality with direct experience and the typical delusion with perceived experience that is based on view, opinion and belief. Today, the word Mindfulness is often used in everyday conversation. However, mindfulness is often mis-understood as simply paying careful attention. We will share the accurate insight and how to be mindful correctly and effortlessly in daily life to recognize and connect with the vast well-being that is inheritably existed in each moment of life.

This event is open to the public. Majority of the activities will be conducted outdoor, weather permitting. Email registration is required (registration@sinhthuc.org). Donation is greatly appreciated to support the maintenance of the Center.

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

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