

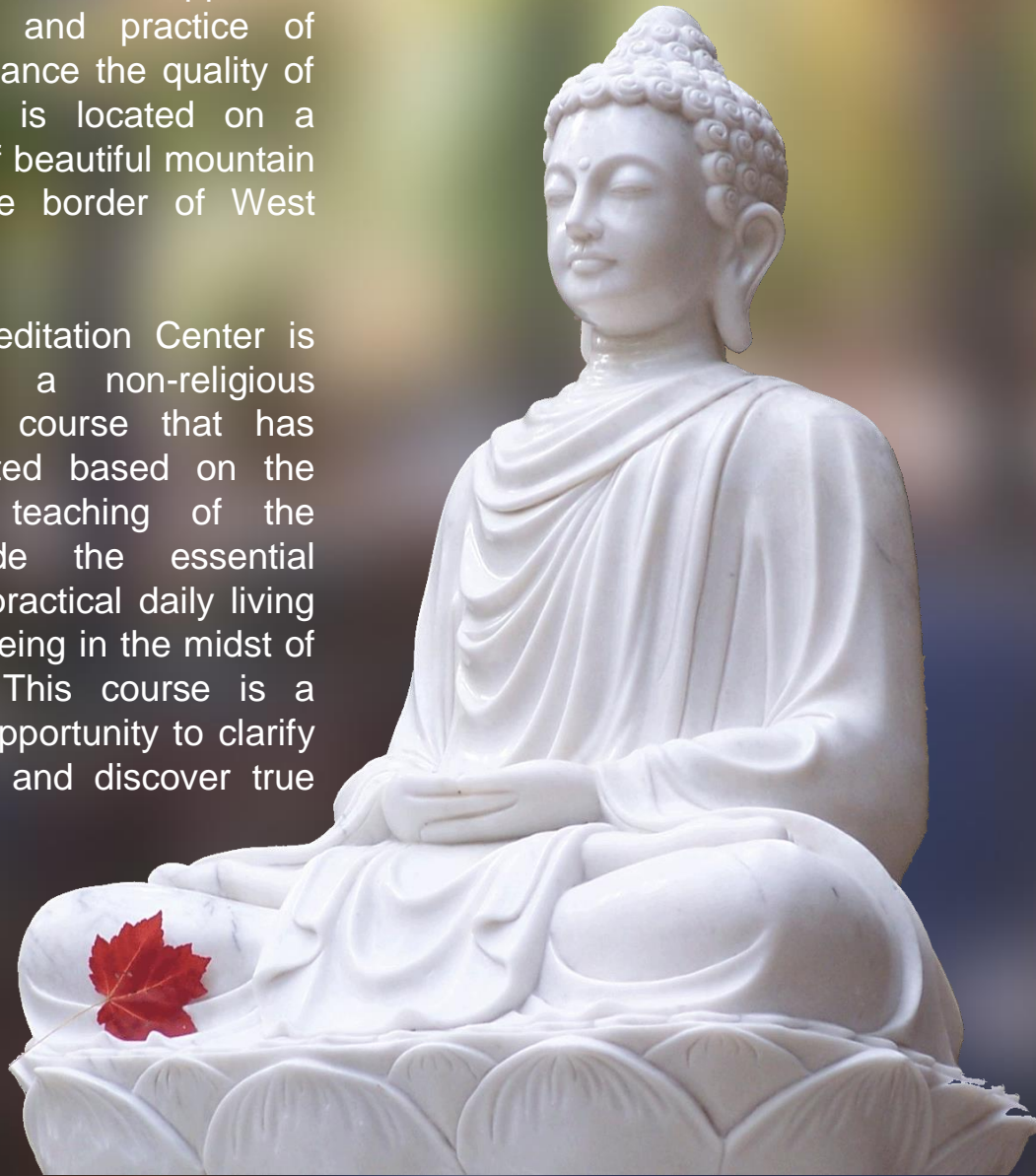
8-Week Non-Religious Mindfulness Online Course  
from November 30<sup>th</sup>, 2021 to January 18<sup>th</sup>, 2022

# The Art of Living Well with the Full Catastrophe of Life

with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister

**S**inh Thuc Meditation Center was established in 2005 to provide the environment, programs, and support to deepen the study and practice of mindful living to enhance the quality of life. The Center is located on a secluded 23 acres of beautiful mountain and forest near the border of West Virginia and Virginia.

This Winter, the Meditation Center is pleased to offer a non-religious mindfulness online course that has been carefully crafted based on the principal Wisdom teaching of the Buddha to provide the essential understanding and practical daily living to bring about well-being in the midst of life's challenges. This course is a wonderful learning opportunity to clarify the meaning of life and discover true happiness.



## Online Course Curriculum

- Lesson 1: Mindfulness and Be Mindful correctly & effortlessly
- Lesson 2: Foundation of Living and How to truly experience Life
- Lesson 3: Understanding the Mind with Four types of Awareness
- Lesson 4: Creation of the Perceived Self-Ego and Mid-course Q&A (2 hrs.)
- Lesson 5: Practical Teaching of the Four Foundations of Mindfulness in Daily Life
- Lesson 6: Surfing the Storms of Strong Emotions, Sickness and Death
- Lesson 7: The Essence of Awakening – It's easier than you think
- Lesson 8: Living Well with Life's challenges

Each Tuesday evening at 7 PM Eastern for 1.5 hours from November 30th, 2021 to January 18th, 2022; participants will meet online with the teacher via Google Meet (a video-audio communication service) to meditate, listen to Teaching talk, see shared presentation, ask questions, participate in group discussion via Breakout rooms conferencing and receive practical practices to integrate into daily life. Outside of the virtual sessions, participants will have access to the Teacher via email for advice on individual-personal topics.



*Hai Nguyen* is a Mindfulness meditation teacher and a Buddhist Minister in the Vietnamese Zen tradition. He is a resident teacher at Sinh Thuc Meditation Center. He frequently led multi-day Mindfulness retreats and Meditation classes for over 20 years. He taught at Saint Leo University in Norfolk, the Northern Virginia Community College in Woodbridge and Alexandria, VA. With many years of experience in teaching the 2,600 years old Mindfulness tradition, Hai is able to share the wisdom teaching in simple terms to understand and provide practical practices that can be integrated in today's busy life of a lay person with family and career to bring about Well-being.

This Online course is offered free of charge based on the thousands year old Buddhist tradition. For those that are financially capable, a donation of \$100-\$200 is suggested and greatly appreciated to support the Meditation Center (Venmo at @SinhThuc or PayPal at [registration@sinhthuc.org](mailto:registration@sinhthuc.org))

Email registration is required at [registration@sinhthuc.org](mailto:registration@sinhthuc.org)

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