



# Living Well with this Wild and Precious Life

First 2022 in-person Well-being Weekend Mindfulness Retreat  
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister

From 7 PM Friday 11 March to 4 PM Sunday 13 March

In the tranquility forest & mountain settings at Sinh Thuc Meditation Center, we would like to invite you to join us at an in-person well-being weekend retreat to embrace this wild and precious life. 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 meet our desires, plans and wishes, then life suddenly becomes very challenging. Life is always dynamic, unpredictable, full of wonder and insight not as limited and accommodating as we may think and want. At this in-person 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 bringing about true experiences to cut through the fog of life. The Weekend retreat will include time for self contemplation in the peaceful surrounding nature, outdoor meditation, wellness movement exercises, listening to the teaching, group discussion, and Q & A sessions. Retreat fee per person for lodging and 6 vegetarian meals are \$250 (dormitory), \$300 (double occupancy), \$350 (single occupancy), \$180 (camping). The non-religious program is for all levels of practitioners. Register early by email ([registration@sinhthuc.org](mailto:registration@sinhthuc.org)) to reserve your place. Various sitting accommodation such as meditation cushions & mats, backjacks, and chairs are available.

**For the health being of everyone during the pandemic, all participants will be required to show proof of fully vaccinated with Booster. Appreciate your understanding and support.**

*Sinh Thuc* Meditation Center

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