



Awakening Peace and Joy in Everyday Life

In-person Spring Weekend Well-being Retreat
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister
from 7 PM Friday 20 May to 4 PM Sunday 22 May

In the beautiful Spring mountain and forest setting at Sinh Thuc Meditation Center, we are inviting you to join us at an in-person weekend well-being retreat on May 20-22. Life is filled with challenges. However, life is also filled with much wonders. To only focus on managing the challenges is not enough. We also need to be energized with the peace and joy that are present in every moment. In our busy life, we often forget about the inherit Peace and Joy that are readily available. At this in-person weekend retreat, we will learn the wisdom teaching on how to be opened and be in touch with the inherit well-being regardless of life challenges. The Weekend retreat will include time for self contemplation in the Spring surrounding nature, mindfulness meditation, wellness chi-kung movement exercises, listening to the practical wisdom teaching, lessons learned from like-minded friends, group discussion, and Q & A sessions.

Retreat fee per person for lodging and vegetarian meals are \$250 (dormitory), \$300 (double occupancy) and \$350 (single occupancy). 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.

For the Health being of everyone during the COVID-19 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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