



This event is a great opportunity to take a break from the daily hectic schedule to truly relax in nature, nurture well-being, listen to the teaching, practice mindfulness, meet like minded friends, enjoy nutritional vegetarian lunch and the festivities in a warm, friendly and supportive environment. Sinh Thuc Meditation Center is located in Wardensville, West Virginia about 98 miles from Northern Virginia or under 2 hours drive.

A Day of Mindfulness and Celebration on Saturday June 18th, 2022

09:30 AM	Guests arrival
10:00	Welcome, Outdoor walking meditation and Teaching talk
11:30	Break
12:00	Vegetarian lunch
01:30 PM	Outdoor meditation, Activities and Anniversary cake
04:00	End

For additional information and sign up to attend, please email to registration@sinhthuc.org or call 703-787-3377.

For the health consideration of all attendees during the COVID-19 pandemic, all participants are required to be fully vaccinated and boosted. We appreciate your understanding and support.

Sinh Thuc Meditation Center

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Telephone: (703) 787-3377 ~ Email: information@sinhthuc.org ~ Web Site: <http://www.sinhthuc.org>