

4-Day Summer Mindfulness Retreat

Sinh Thuc Meditation Center



*Living to The Full Potential
Here and Now*

You are invited to join us at an in-person 4-day Summer Mindfulness Retreat with the theme ***“Living to the Full Potential right Here and Now”*** from Thursday evening July 28 to Sunday afternoon July 31 at Sinh Thuc Meditation Center in Wardensville, WV. A well-being retreat for adults and young adults (16 years and older) to learn, practice and discuss important topics on relationship, body image, balancing work/school & having fun, coping with hidden pressures of social media, dealing with today’s busyness & constantly connected digital world and stress-anxiety management. The retreat includes teaching talks on the Buddha’s teaching and how to practically apply them, awareness meditation, wellness taichi & chi-kung exercises in nature, Q&A and group discussions.

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.

Please register early to reserve your place. Dormitory lodging accommodation is available. In supporting the Meditation Center on making the teaching available and maintaining the facilities for the benefit of everyone, a donation of \$200-\$300 is suggested.

For additional information and registration, please visit <https://www.sinhthuc.org/> or contact at registration@sinhthuc.org and (703) 787-3377

