

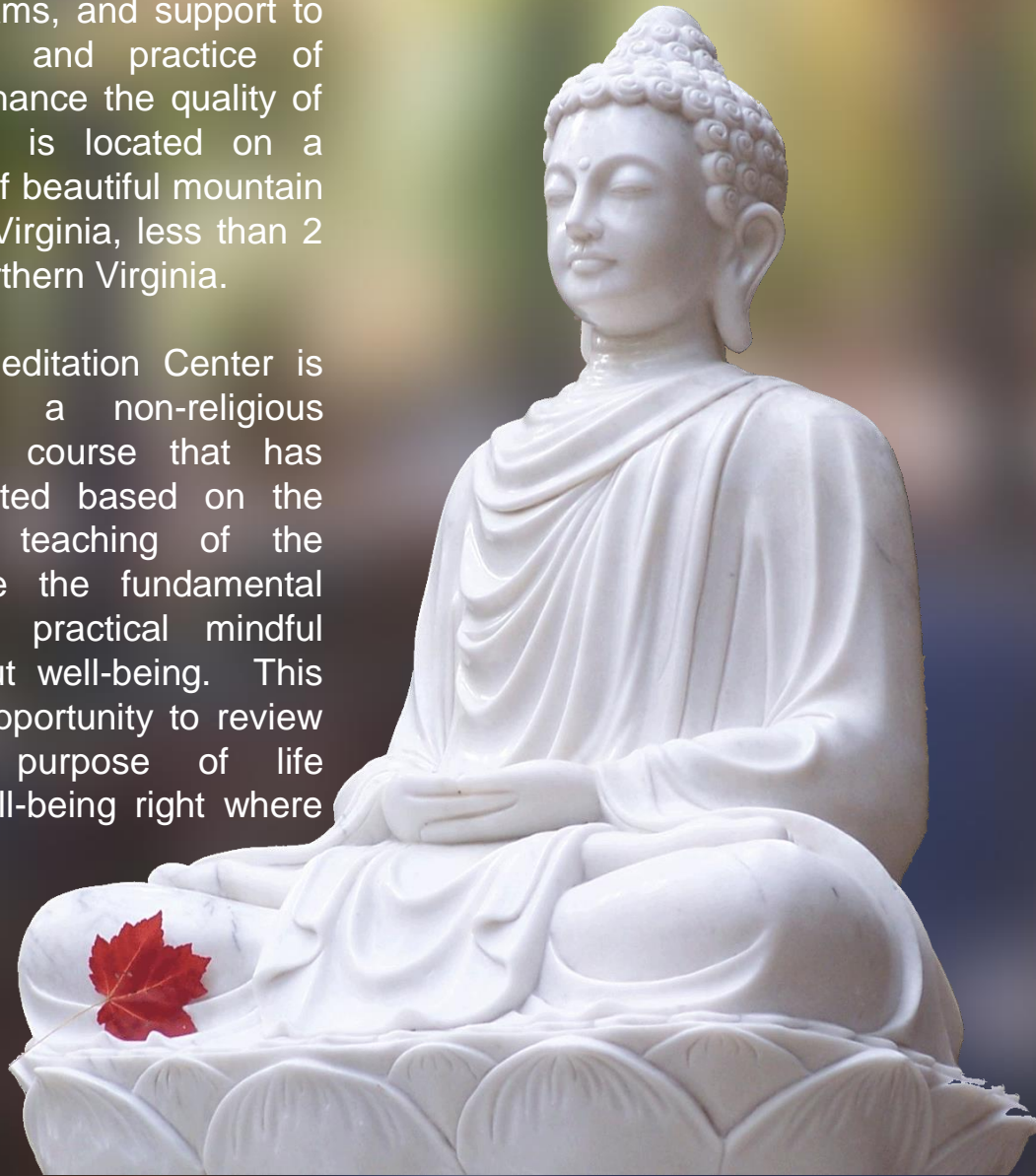
Winter 2023 ~ 6-Week Mindfulness Online Course
from 3 January to 7 February 2023

Become the Light in the Middle of Darkness

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

Sinh 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 in West Virginia, less than 2 hours drive from Northern 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 fundamental understanding and practical mindful living bringing about well-being. This course is a good opportunity to review and clarify the purpose of life to discover true well-being right where you are.

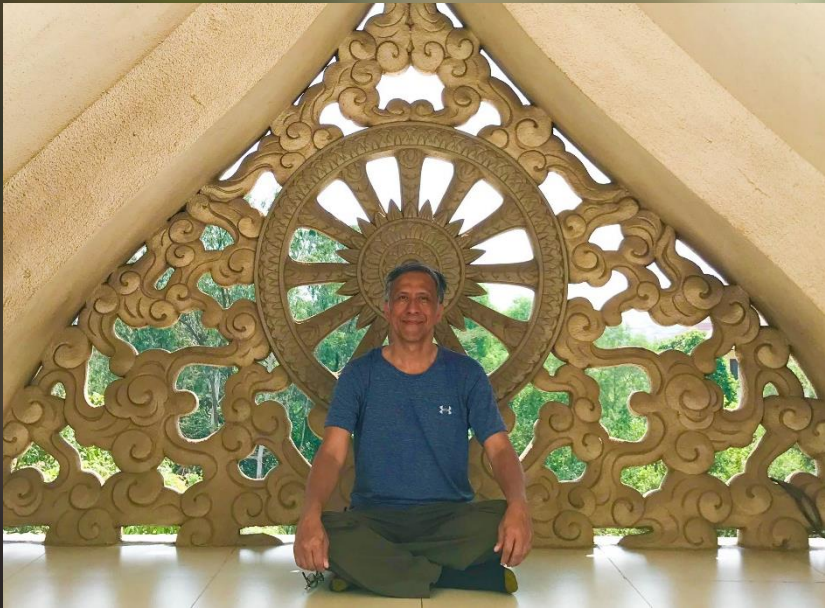


Become the Light in the Middle of Darkness

Online Course Curriculum

- Session 1: The Biggest Obstacle to Well-being
- Session 2: Truly Living with the Essence of the 18 Elements
- Session 3: The Twelve Links of Interdependent Co-Arising
- Session 4: Q&A (Special 2 hrs. session)
- Session 5: The Wisdom Teaching of Life
- Session 6: Awakening Right Where You Are

Each Tuesday evening at 7 PM Eastern for 1.5 hours from 3 January through 7 February 2023, participants will meet online with the teacher via Google Meet (a video-audio conferencing service) to meditate, listen to Teaching talk, view shared presentation, ask questions, participate in group discussion and receive practical practices to integrate into daily life. Outside of the virtual sessions, participants will have access to the Teacher via email for advices on individual-personal topics.



Hai Nguyen is a resident teacher at Sinh Thuc Meditation Center. He frequently led multi-day Well-being retreats and Mindfulness classes for over 25 years. He taught at Saint Leo University in Norfolk, the Northern Virginia Community College in Woodbridge and Alexandria, VA. Hai is skillful on presenting the 2,600 years old wisdom teaching in easy to understand terms and providing practical practices that can be integrated in today's busy life of lay person with family and career responsibilities.

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 \$150-\$250 is suggested and greatly appreciated to support the operation of Sinh Thuc Meditation Center (Venmo at @SinhThuc or PayPal at registration@sinhthuc.org)

Registration is required at registration@sinhthuc.org

Sinh Thuc Meditation Center

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