



Discover the Unconditional Happiness in Daily Life

17-19 February 2023

2023 in-person Weekend Mindfulness Retreat
with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister

This Winter, in the tranquility forest & mountain settings at Sinh Thúc Meditation Center, we are inviting you to join us at the in-person weekend mindfulness retreat on “*Discover the Unconditional Happiness in Daily Life*” from 7 PM Friday 17 February to 3:30 PM Sunday 19 February. We may believe that life would be good if we win the lottery, have good health, get that promotion, love more by spouse/partner, not have to worry about the children... and the list goes on. The fact is even when life happens exactly as we wished, we would only be happy for a short time, and then the wanting, wishing would begin again. Join us at this weekend retreat to know that we can experience the unconditional happiness right where we are, as we are. And the best part is... It is actually easier than we think. This event is a great opportunity to take a break from the busy routine, to reflect on what are really important in life, to learn and practically integrate the thousands year old Wisdom teaching on cultivating the unconditional well-being in everyday life. The event will be led by Hai Nguyen (Mindfulness meditation teacher and Zen Buddhist minister) and structured with a balance of talk on the Wisdom teaching, meditation, storytelling, wellness exercises, group discussion, and Q & A providing an optimal learning and nurturing environment.

Retreat fee per person for lodging and nutritional vegetarian meals are \$250 (dormitory) and \$300 (double occupancy). This non-religious program is for all levels.

Register early by email (registration@sinhthuc.org) to reserve your place.

Sinh Thúc Meditation Center

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