

Winter 5-Week Mindfulness Online Course
from 14 December to 11 January 2024

Advanced Mindfulness Meditation

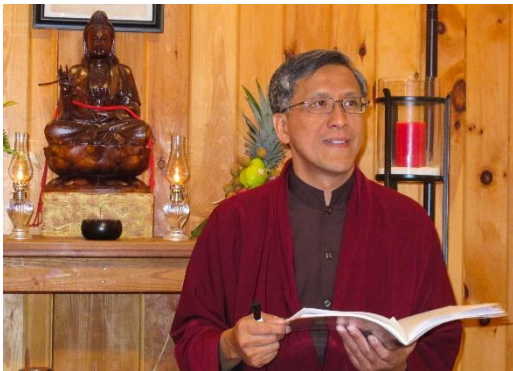
with *Hai Nguyen*, Mindfulness Teacher and Zen Buddhist Minister

This Winter, we are inviting you to join us in an **"Advanced Mindfulness Meditation"** Online course that has been carefully crafted based on the thousands year old Wisdom teaching of the Buddha to provide the fundamental understanding and practical well-being living skills in everyday life.

Participants will have opportunities to learn and discuss the following topics:

- What is Mindfulness meditation?
- Is Mindfulness meditation a practice, training to be better, or to be well?
- Should we learn to control the mind, transform the mind to be more free, calm and joyful?
- Traditional mindfulness meditation vs. Advanced mindfulness meditation.
- Understand the differences between typical happiness and true well-being.
- Recognize and determine the root of the difficulty that continue to happen in our life regardless of how much we have tried to change, to improve.
- Practical ways to live well with wide range of life challenges from everyday disappointment to old age, sickness, dying and death.

Each Thursday evening at 7 PM Eastern for 1.5 hours from 14 December 2023 through 11 January 2024, in a friendly and supportive environment; participants will meet online with the teacher via Google Meet (a video-audio conferencing service). No special software is required. Simply use the standard browser on your computer, laptop, tablet or iPad. 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, mindfulness meditation, storytelling, group discussion on how to integrate the teaching into our life, and Q & A. Outside of the online sessions, participants will have access to the Teacher via email for advices on individual-personal topics.



This Online course is offered free of charge based on the thousands year old Buddhist tradition. For those that are financially capable, a voluntary donation of \$150-\$250 is suggested and greatly appreciated to support the operation and sustainment of Sinh Thuc Meditation Center. Donation can be send via Venmo at @SinhThuc or PayPal at registration@sinhthuc.org

Email registration is required

Sinh Thuc Meditation Center

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