

25-28 July ~ 4-Day Summer Mindfulness Retreat

Sinh Thuc Meditation Center



The Awakened Heart, Loving and Caring Well Unconditionally

You are invited to join us at an in-person 4-day Summer Mindfulness Retreat with the theme ***“The Awakened Heart, Loving and Caring Well Unconditionally”*** from Thursday evening July 25 to Sunday afternoon July 28 at Sinh Thuc Meditation Center in Wardensville, WV. A well-being retreat for adults and young adults to learn, practice and discuss important topics on relationship, body image, balancing work/school/family life, managing today’s busyness & constantly connected digital world, coping with stress-anxiety, ... The retreat includes teaching talks and discussion on how to practically nurturing well-being in everyday life. The retreat is structured with a balance of awareness meditation, talks on the essence of the teaching, Story telling, wellness taichi & chi-kung, Q&A and group discussions.

Please register early to reserve your place. Dormitory lodging accommodation is available. In support of maintaining the Meditation Center facilities and making the Wisdom teaching available for the benefits of everyone, a voluntary donation of \$200-\$350 per person is suggested.



Sinh Thuc Meditation Center

Address: 1735 Sauerkraut road, Wardensville, WV 26851 ~ Mailing: P.O. Box 1223, Herndon, VA 20172

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