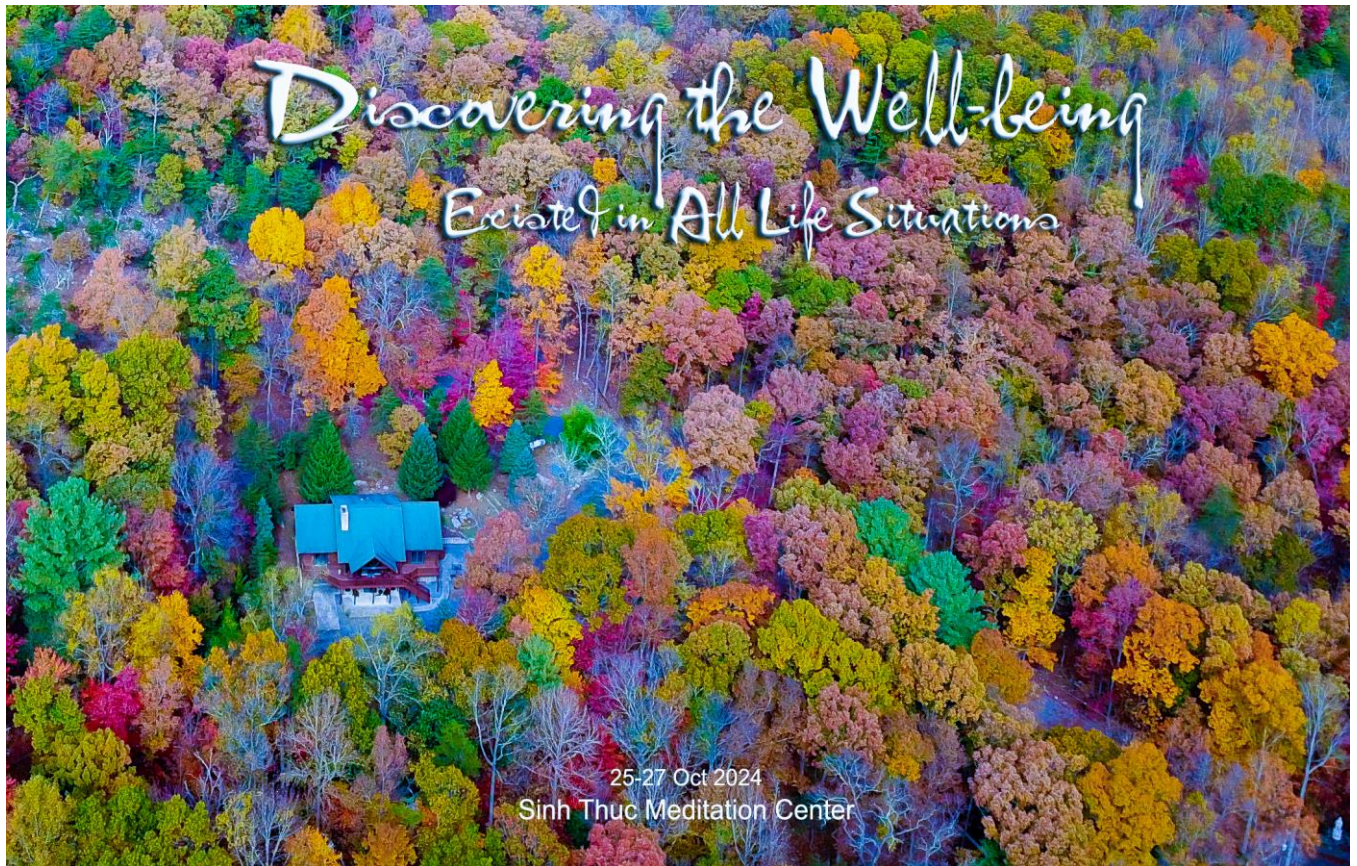


Fall Weekend Mindfulness Retreat at Sinh Thuc Meditation Center

25-27 Oct 2024



You are invited to join us at an in-person Weekend Mindfulness Retreat from Friday evening Oct 25 to Sunday afternoon Oct 27 in the beautiful Autumn forest and mountain settings at Sinh Thuc Meditation Center in Wardensville, WV. At this weekend retreat, we will learn to recognize that all life situations are the product of conditions, the ways of nature and most important our awareness & actions. Realizing that Suffering or Happiness are labels that we put on. This realization will enable us to embrace life with the spirit of openness to discover the true life experiences. Then life challenges can become invaluable opportunities to learn to be free and not as obstacles. Together in a warm and supportive environment, we will learn the wisdom teaching on **“Discovering the Well-being that is existed in all life situations”**. The path of seeing clearly (vipassana) and experiencing the true nature of life (awakening living) is actually easier than we think and can be practically integrated into our daily life to bring about well-being in all situations. The retreat is structured with a balance of awareness meditation, teaching talk, storytelling, wellness Taichi & Chi-kung exercises, group discussion, Q&A and relaxation in the beautiful fall nature.

The retreat is free based on the 2,600 years old Buddhist tradition. Registration is required. Register early to reserve your place. Dormitory lodging accommodation is available. A voluntary donation of \$200-\$300 per person is suggested to support the cost of the retreat, maintaining the Meditation Center and making the Wisdom teaching available for the benefits of everyone.