

# The Breath of Happiness

with Hai Nguyen on Saturday March 8, 2008

from 9:30 AM to 4 PM at the Reston Unitarian Church 1625 Wiehle avenue, Reston, Virginia 20190



Dear friends,

A number of years ago as a novice, I attended my first mindfulness meditation retreat. The first practice that I learned was conscious breathing. This practice was very simple, yet its effects were profound. I also quickly realized that anyone can succeed in the practice of a single conscious breath, but it is not that easy to continue to breathe consciously for a long period of time. However, if we can practice it, a wonderful transformation will take place in our lives. From that day on, I continued to learn and practice conscious breathing and breath the Breath of Happiness. I would like to invite you to join us at this non-religious meditation workshop. Together, we will practice and learn to bring happiness and peace to our life from the simple act of breathing the Breath of Happiness.

Hai Nguyen

## Agenda

09:30 AM	Welcome and Introduction
10:00	Meditation Instruction
	Guided sitting and walking meditation
11:00	Break
11:15	Talk on "The Breath of Happiness"
12:15 PM	Mindful lunch and break
01:30	Outdoor walking meditation
02:00	Guided sitting meditation
02:30	Questions & Answers
	Group discussion
04:00	End

**The Workshop is open to the public and offered free of charge based on the Buddhist tradition. Registration is required. For those that can contribute financially, a donation of \$35 - \$50 is suggested to cover the costs of the meeting space rental and to support Hai in continuing his work.**

Various sitting arrangements such as meditation cushion, backjack, and chairs will be available. Check-in will begin at 9 AM. To register or request for additional information, please email to [registration@sinhthuc.org](mailto:registration@sinhthuc.org) or call (703) 787-3377



**Hai Nguyen** is a Mindfulness meditation teacher in the Zen tradition. In 1981, he co-founded Sinh Thúc Mindful Living Society, a non-profit meditation organization in Northern Virginia. He was ordained as a Zen Buddhist Minister in 2001 at Kim Son Monastery on Mount Madonna in Northern California. Since 1991, Hai has begun to regularly led meditation retreats, Buddhist training, non-religious mindfulness meditation workshops, and meditation sitting groups in Virginia, West Virginia, Pennsylvania, and California. He taught at Saint Leo University in Norfolk, Virginia and regularly teaches mindfulness meditation at the Northern Virginia Community College. With many years of experience in teaching the 2,500 years old Eastern meditation practice, Hai is able to present the teaching in easy to understand and recommend practices that can be practically integrated into today's busy life.



## Sinh Thuc Meditation Center

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