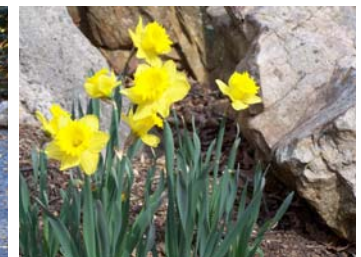
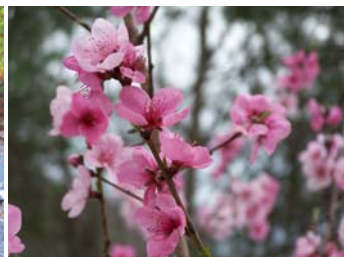


*"To Be Free is To Be Present"*

26-27 April 2008



**S**inh Thuc Meditation Center is inviting you to attend a non-religious mindfulness meditation retreat titled *"To Be Free is To Be Present"*. The Meditation Center is located on 21 acres of beautiful mountain and forest landscape in Wardensville, West Virginia. At this weekend retreat, in the middle of the beautiful Spring season, we will practice to be in touched with the wonder of life and the healing energy of the beautiful surrounding nature through sitting meditation, walking meditation, and chikung movements. Please join us and treat yourself to a mind & body vacation to nurture and to awaken the wholesome energies within us.

The retreat will be led by **Hai Nguyen**, a meditation teacher in the Zen tradition with many years of experience in teaching the old Eastern meditation practice in today's settings. Retreat fees include one night lodging and four vegetarian meals are \$138 for dormitory style lodging, \$188 for a double occupancy room, and \$238 for a single occupancy room. The teaching is offered free of charge based on the Buddhist tradition. Donation to the teacher at the end of the retreat is voluntary and encourage to support the continuation of this wonderful tradition. Check-in will begin at 8:30 AM on Saturday April 26th, 2008. The retreat will start promptly at 10 AM on Saturday and end at 3 PM on Sunday.

For additional information or to register, please visit our web site at <http://www.sinhthuc.org/> or email to [registration@sinhthuc.org](mailto:registration@sinhthuc.org) or call (703) 787-3377