

A.H.A.T.A.A.

The Arlington Hospital Addiction Treatment Alumni Association

INVITES YOU TO JOIN US FOR A WORKSHOP:

Mindfulness Meditation

with

Hai H. Nguyen

Hai H. Nguyen is a Mindfulness Meditation teacher in the Zen tradition. In 1981, he co-founded the Sinh Thuc Mindful Living Society, a non-profit meditation organization in Northern Virginia. He was ordained as a Zen Buddhist Minister in 2001 by Rev. Thich Tinh Tu, the abbot of Kim Son Monastery on Mount Madonna in Northern California. Since 1991,

Hai has begun to regularly lead 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 year old Eastern meditation practice, Hai is able to present the teaching in an easy to understand manner and recommend practices that can be practically integrated into today's busy life.

Please Join Us On

Thursday, May 29th at 7:30 p.m.

**In Conference Room A of The Hazel Center
THE VIRGINIA HOSPITAL CENTER - ARLINGTON
1701 N. George Mason Drive
Arlington, VA 22205**

FRIENDS AND FAMILY ARE WELCOME!!!!

A.H.A.T.A.A. workshops are presented as part of a continuing education program to increase knowledge and information about the disease of alcoholism and addiction. Our mission is to provide timely, relevant sessions that can enhance our collective recovery. The workshops are free and members are encouraged to invite interested guests/friends.

After the seminar, please note the regular AA meeting in the Cafeteria meets at 8:30pm.