

Refreshing Our Hearts with Loving Kindness

A Mindfulness Meditation Retreat with Hai Nguyen

25 - 26 October 2008

Sinh Thuc Meditation Center, Wardensville, WV



In the meditation tradition, there are many wonderful teachings on ways to open and refresh our hearts. In the Grain of Salt text, the teaching taught that “When the cup is small, even a little bit of salt will make the fresh water salty. Similarly when our hearts are small, just a little bit of difficulty can make us suffer greatly.” For centuries, Loving Kindness meditation (Metta Bhava) is an effective practice to keep our hearts open and refreshing. This Autumn season, you are invited to come and practice in the colorful forest and mountain settings at Sinh Thuc Meditation Center in Wardensville, West Virginia. This is a non-religious mindfulness meditation retreat lead by Buddhist Minister Hai Nguyen. He is a mindfulness meditation teacher in the Zen tradition with many years of experience in teaching the 2,500 years old Eastern meditation practice in today’s settings.

Retreat fees include one night lodging and four vegetarian meals for each person 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 encouraged to support the continuation of this wonderful tradition. Check-in will begin at 8:30 AM on Saturday Oct 25th, 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/>
Email to information@sinhthuc.org or call (703) 787-3377*