

## Mindfulness Meditation Workshop

# *Be Your Best and Be Happy With Ease*

*with Hai Nguyen on Saturday 14 August 2010*

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

*Treat yourself to a day of relaxation and mind & body nourishment.*

*The practice of mindfulness meditation is an invaluable tool for anyone seeking mental clarity and peace of mind. It is a simple practice designed to quiet the mind and refine our awareness, so that we can experience the miracle of life, the truth of our lives directly with a minimum of distraction and obscurity. At this 1-day non-religious meditation workshop, we will look deeply into the practice of mindfulness meditation and learn how to apply the teaching on the Fourfold Right Diligence to develop and nurture happiness in our busy life. The meditation workshop program is structured with activities on both teaching and practical practice of mindfulness meditation to accommodate both beginners and experienced meditation practitioners.*



### Agenda

09:30 AM	Welcome and Introduction
10:00	Meditation Instruction
	Guided sitting and walking meditation
11:00	Break
11:15	Talk on "Be Happy with Ease"
12:15 PM	Mindful lunch and break
01:30	Outdoor walking meditation
02:00	Guided sitting meditation
02:30	Break
02:45	Questions & Answers
	Group discussion
04:00	End

**The Non-religious meditation 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 cushions, backjacks, and chairs will be provided. Please bring water, lunch and sitting cushion (if available). Check-in will begin at 9 AM. To register or for additional information, visit Sinh Thuc Meditation Center web site at <http://www.sinhthuc.org/> or email to [registration@sinhthuc.org](mailto:registration@sinhthuc.org) or call (703) 787-3377. Please register early to help the organizing staff.



*The workshop will be led by Hai Nguyen, a meditation teacher in the Vietnamese Zen tradition. He was ordained as a Zen Buddhist Priest in 2001 at 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. He taught at Saint Leo University in Norfolk, Virginia and the Northern Virginia Community College in Alexandria and Woodbridge, VA. In 2005, Hai co-founded Sinh Thuc Meditation Center, a 21 acres retreat center offering mind & body programs. With many years of experience in teaching the 2,500 years old Eastern meditation practice, Hai is able to present the teaching in an easy to understand fashion and share techniques that can be practically practiced to enhance the quality of life.*