

Spring 2010 Mindfulness Meditation Weekend Retreat  
on Mindful Relationships with Hai Nguyen

*“A Practice to Enrich Love and Harmony”*

**1-2 May 2010**

Sinh Thuc Meditation Center in Wardensville, WV



***Saturday – 1 May 2010***

- 08:30 AM** Check-in  
**10:00** Welcome and introduction  
Retreat opening ceremony  
Dharma talk on *“Mindful Relationships, A Life with Love and Harmony”*  
Guided Sitting meditation  
**12:00 PM** Lunch and help cleanup  
**01:30** Rest and personal time  
**02:45** Mindful Tai-chi movements  
**03:45** Outdoor Loving Kindness meditation  
**05:00** Individual meeting with Hai (optional with sign-up sheet)  
**06:00 PM** Dinner and help clean up  
**08:00** Sitting meditation  
Group discussion *“The Path to Develop and Strengthen Mindfulness”*  
**10:00** Rest – Noble silence

***Sunday – 2 May 2010***

- 06:15 AM** Wake up  
**07:00** Morning meditation and reflection  
**07:45** Mindful Chi-kung movements  
**08:30** Breakfast and help clean up  
**09:45** Outdoor walking meditation  
**11:00** Dharma talk on *“Awakening Peace & Joy Everyday”*  
**12:00 PM** Lunch and help clean up  
**01:30** Sitting meditation and reflection  
Questions & Answers  
Retreat closing and Blessing ceremony  
**03:00** End