

May 1-2, 2010

A Weekend Retreat on Mindful Relationships

A Practice to Enrich Love and Harmony

with Hai Nguyen



Join us at this non-religious mindfulness meditation weekend retreat to enjoy the beautiful Spring season in a secluded forest and mountain estate at Sinh Thuc Meditation Center in Wardensville, West Virginia. In a friendly and relaxing atmosphere, we will learn to recognize and cultivate the love and harmony energies within us to flow freely like the Spring water. We will practice mindful chi kung to nurture the body & mind. We will also learn to be in touch with the wonder of life right in the present moment. Together, we will practice formal sitting meditation, loving kindness meditation, and outdoor walking meditation to open our hearts allowing peace, joy and well being in us to grow and strengthen. This retreat is suitable for all levels of meditation practice.

Retreat fee for lodging and vegetarian meals per person are \$158 for dormitory style accommodation, \$208 for double occupancy, and \$258 for single accommodation. 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 May 1st, 2010. The retreat will start promptly at 10 AM on Saturday and end at 3 PM on Sunday.

The retreat will be led by Hai Nguyen, a meditation teacher in the 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 recommend practices that can be practically integrated into today's busy life.



Sinh Thuc Meditation Center

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