

To Be Awakened in This Very Life

A Mindfulness Non-religious Meditation Weekend Retreat with
Hai Nguyen

October 30-31, 2010

Sinh Thuc Meditation Center

<http://www.sinhthuc.org/> ~ information@sinhthuc.org ~ (703) 787-3377

The Twelfth-Century Vietnamese Zen master Thuong Chieu said, "When we understand how our mind works, the practice becomes easy." Take a mind & body vacation and join us at this weekend meditation retreat to enjoy the beautiful Fall 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 study the important Buddhist psychology teachings on the mind. We will learn that the quality of our life depends on the quality of the energies that lie deep in our consciousness. Together, we will practice various meditation techniques to awake the wholesome seeds & energies in our consciousness to cultivate peace, happiness, and well being in our busy life. We will also learn mindful Chi Kung & Tai Chi to nurture the body & health. This retreat is suitable for all levels of meditation practices.

Retreat fees for lodging and vegetarian meals are \$158 per person for dormitory style accommodations, \$208 per person for double occupancy, and \$258 for single accommodations. The teaching is offered free of charge based on the 2,500 years old 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 October 30th, 2010. The retreat will start promptly at 10 AM on Saturday and end at 3 PM on Sunday.

