

# A Non-religious Mindfulness Meditation Workshop

Sponsor by Sinh Thuc Meditation Center

## Each Moment is a Moment To Be Happy

with Hai Nguyen on Saturday 11 September 2010

from 09:30 AM to 4:30 PM

the Unity Renaissance 1120 Eden Way N, Chesapeake, VA 23320

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

**T**he 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 obscuration. At this 1-day meditation workshop, we will focus on how to practically apply the meditation practice to develop and nurture happiness in everyday life. Life is usually full of challenges; However, we can skillfully embrace them to bring about peace and stability. The program is structured with activities on both aspects of the teaching and the practice of mindfulness meditation to accommodate both beginners and experienced meditation practitioners.



### Agenda

- 09:30 AM Welcome and Introduction  
Meditation Instruction  
Guided meditation practice
- 11:00 Break
- 11:15 A Talk on **"Each Moment is a Moment To Be Happy"**
- 12:15 PM Lunch break
- 01:30 Questions & Answers
- 02:30 Guided meditation practice
- 03:30 Break
- 03:45 Group discussion
- 04:30 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.**

Some sitting accommodations 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 please contact Ray Stephens at [fr.seraphim@cox.net](mailto:fr.seraphim@cox.net) or (757) 479-1714 or visit Sinh Thuc Meditation Center web site at <http://www.sinhthuc.org/>**

*Please register early to help the organizing staffs from last minutes arrangement*



*The workshop will be led by Hai Nguyen, a meditation teacher in the Vietnamese Zen tradition. In 2001, Hai was ordained as a Zen Buddhist Priest at Kim Son Monastery on Mount Madonna in Northern California. Since 1991, Hai has begun to regularly led 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 in Wardensville, WV. 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.*