

Hai Nguyen's 2010 Teaching Schedule

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Sinh Thuc Meditation Center
Wardensville, WV

Weekend Retreat
**Mindful Relationships, A Practice to Enrich
Love and Harmony**
1-2 May - Wardensville, WV



Meditation Workshop
Be Your Best and Be Happy With Ease
14 August - Reston, VA



Weekend Retreat
To Be Awake in This Very Life
9-10 October - Wardensville, WV



Meditation Workshop
Living Well with Impermanence
13 November - Reston, VA

