



The Buddha of the Net Generation

Teens and Young Adults Weekend Retreat
15-17 April 2011

Sinh Thuc Meditation Center

A special weekend mindfulness meditation retreat for teens and young adults titled "*The Buddha of the Net Generation*" will be lead by meditation teachers Hai Nguyen and Hieu Nguyen on April 15-17 at Sinh Thuc Meditation Center. At this weekend retreat, in the middle of the beautiful Spring season, we will learn and discuss the important topics in today modern society such as managing stress, relationships, the demands of school & career, and the needs to stay constantly connected to the internet & technology. These topics will be presented based on the wonderful teaching of the Buddha in a fun and friendly atmosphere. Various meditation techniques well fitted for the young generation will be introduced such as short sitting, mindful movements and mindful listening to bring about the balance of body and mind. This special retreat is recommended for the Net Generation (14-35 years old). Sinh Thuc Meditation Center is located on 21 acres of secluded mountain and forest landscape, about 98 miles from Fairfax county, VA. Hai Nguyen and Hieu Nguyen are mindfulness meditation teachers with many years of experience in teaching the 2,600 years old meditation tradition in the College and retreat settings. Please join us and treat yourself to a mind & body vacation and learn how to awaken the Buddha nature within you to be at your best with peace and joy.

Retreat fee per person for lodging and nutritional vegetarian meals are \$157 (dormitory for 19 years old and older), \$136 (dormitory for 14-18 years old), \$207 (double occupancy), and \$257 (single occupancy). The retreat will start promptly at 7 PM on Friday and end at 3 PM on Sunday. Please register early to help the staff prepare for the retreat. Last day to register is Apr 1, 2011.

For additional information, please contact the main office at (703) 787-3377 or email at information@sinhthuc.org or visit the web site at <http://www.sinhthuc.org/>

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