



In-person Spring Weekend Mindfulness Retreat
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister
21-23 April 2023

*W*e often come to the spiritual practice to look for ways to transform suffering and find happiness in our life. However, if we continue to believe that suffering existed because of difficult circumstances or others, then suffering will be here to stay. If we still think that happiness is only possible when we get what we want and love, then happiness will continue to be beyond reach. The Spiritual path is the path of awakening to the nature of life, the path of experiencing clearly as things are to free us from the illusion of the mind. Only when we stop experiencing life through perception, wanting and thinking that suffering would effortlessly end and true happiness would naturally bloom in our daily life.

This event is a great opportunity to take a break from the busy routine, to reflect on what are really important in life, to learn and practically integrate the thousand years old Wisdom teaching on cultivating well-being in everyday chaotic life. The event will be structured with a balance of talk on the Wisdom teaching, meditation, storytelling, wellness exercises, group discussion, and Q & A providing an optimal learning and nurturing environment.

Retreat fee per person for lodging and vegetarian meals are \$250 (dormitory), \$300 (double occupancy) and \$350 (single occupancy). The non-religious program is for all levels of practitioners.

Register early by email at registration@sinhthuc.org to reserve your place. Various sitting accommodation such as meditation cushions & mats, back jacks, and chairs are available.

Sinh Thuc Meditation Center

Address: 1735 Sauerkraut road, Wardensville, WV 26851 ~ Mailing: P.O. Box 1223, Herndon, VA 20172
Telephone: (703) 787-3377 ~ Email: information@sinhthuc.org ~ Web Site: <http://www.sinhthuc.org>