

20-22 Oct Fall Mindfulness Retreat

Sinh Thuc Meditation Center

A person is seen from behind, sitting on a wooden bench in a forest. The trees are in full autumn foliage, with shades of green, yellow, orange, and red. The sky is blue with some white clouds. The person is wearing a dark long-sleeved shirt and pants. The overall scene is peaceful and serene.

Surfing the Waves of Life with Peace & Joy

You are invited to join us at an in-person Weekend Mindfulness Retreat from Friday evening Oct 20 to Sunday afternoon Oct 22 in the beautiful Autumn forest and mountain settings at Sinh Thuc Meditation Center in Wardensville, WV. At this retreat, we will learn to recognize that life circumstances regardless of how challenging they may be is the product of many conditions, the ways of nature and our actions. This realization will enable us to embrace life with the spirit of openness and being with life as it is. Then life challenges can become invaluable opportunities to learn to be free and not as obstacles. Together in a warm and supportive environment, we will learn the wisdom teaching on how *“to live in the World with our hearts undisturbed by the World”* and seeing that both Happiness and Suffering are really not the true reality but only our perceived reality. The path of seeing clearly (vipassana) is actually easier than we think and can be practically integrated into our daily life to bring about true well-being. The retreat is structured with a balance of awareness meditation, teaching talk, storytelling, wellness Taichi & Chi-kung exercises, group discussion, Q&A and relaxation in the colorful nature.

The retreat is free based on the 2,600 years old Buddhist tradition. Registration is required. Register early to reserve your place. Dormitory lodging accommodation is available. A voluntary donation of \$200-\$300 per person is suggested to support the cost of the retreat, maintaining the Meditation Center and making the Wisdom teaching available for the benefits of everyone.

Sinh Thuc Meditation Center

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